



NO REGRETS
PROTESTING PAGE
HAS JOB OFFERS ON
HAND {page 3}

**VEGETARIANS: FIRE
UP YOUR GRILLS**
SALAD RECIPE WITH
GRILLED VEGGIES {page 20}



**SPLIT
A-ROD DUMPS
CAMERON DIAZ
DISH** {page 18}



OTTAWA
metro®

Monday, June 6, 2011
www.metronews.ca



News worth
sharing.



Charity. Walk

► Stephane, Zachary, France and Marie-Eve Lalonde get ready to hit the streets in the 10th annual Walk for Muscular Dystrophy in Ottawa yesterday. Zachary, 7, has congenital muscular dystrophy and his family is among the many who benefit from the funds raised by Muscular Dystrophy Canada. For the full story, see metronews.ca/ottawa.

JESSICA SMITH/METRO

Walk raises funds for muscular dystrophy

Increase in city's HIV cases

► Almost 3,000 HIV infections reported in Ottawa since 1983: Ottawa Public Health

The city has seen a significant increase in the number of reported cases of HIV in men in 2011, says Ottawa Public Health (OPH).

From January to April, there were 32 cases reported overall, compared to 70 new infections in all of 2010. OPH said the recent increase in HIV rates is the highest recorded in the last decade.

The news comes as the city marked yesterday 30 years of the AIDS epidemic being reported by the U.S. Centres for Disease Control and Prevention.

Dr. Vera Etches, associate medical officer of health, said the recent increase highlights a need to look into what the city can do to protect people from contracting HIV.

"It's still an issue here in Ottawa and it is spreading, so we need to

"Remember to wear condoms, do not share drug-using equipment and get tested on a regular basis."

DR. VERA ETCHES, ASSOCIATE MEDICAL OFFICER OF HEALTH

pay attention to promoting how you can protect yourself," said Etches. "Practise safer sex, get tested regularly. Most HIV is transmitted when people don't know their status."

Etches said OPH is also working with the AIDS Committee of Ottawa to publicize Gay Zone, a weekly drop-in testing clinic for men at the Centretown Community Health Centre.

● JOE LOFARO

LASIK MYTH #2

"LASIK doesn't treat astigmatism."

Forget the myths... get the facts!
Visit www.lasikmd.com/facts

LASIK FACT

LASIK corrects astigmatism more effectively than glasses or contacts.

LASER VISION CORRECTION

Starting at

\$490

Financing Available

LASIK MD

VISION

FREE Consultation
1-877-769-3030

IntraLase SBK Available

OTTAWA
Chambers Building, 42 Elgin St.

* Prices are subject to change without prior notice. Prices vary based on prescription strength. Applicable to eligible patients only.

Dr. Pierre Demers
MD, FRCSC
50,000 procedures

Dr. Avi Walkenstein
MD, FRCSC
50,000 procedures

Dr. Ralph Zabel
MD, FRCSC
25,000 procedures

How much
will you save?
Scratch off your
card and see!

35% OFF

40% OFF

45% OFF
EVERYTHING



The
Upper Room
Home Furnishings

2670 Queensview Drive
at Pinecrest Road

613-721-5873

www.UpperRoomHome.ca

The
Upper Room
Home Furnishings

**scratch
and
save**

35%



40%



45%

2670 Queensview Drive
at Pinecrest Road

12 Months, Equal Payments,
No Interest. (OAC)

613-721-5873
www.UpperRoomHome.ca

Senate page: Harper 'not exactly' Gadhafi

► Young woman who held 'Stop Harper' sign at throne speech says 'stay tuned,' she'll be at anti-Harper rallies soon

SEAN KILPATRICK/THE CANADIAN PRESS



► Sergeant-at-Arms Kevin Vickers escorts page Brigitte DePape from the floor of the Senate as Gov. Gen. David Johnston delivers the Speech from the throne on Parliament Hill in Ottawa Friday.

JESSICA SMITH
@METRONEWS.CA

Former Senate page Brigitte DePape has come under fire for saying Canadians need to stop Prime Minister Stephen Harper with our own version of an Arab Spring.

But does she really think he's comparable to, for example, Libyan leader Moammar Gadhafi?

"Not exactly," said DePape, after a brief pause. "I think we need to be critical of both regimes, very

strongly.

"What I mean by an Arab Spring was I was inspired by the thousands of people coming together and ensuring that their vision of society is reflected in their government. And that we need that street power here."

While she wanted to inspire people, DePape said she didn't realize her demonstration would get so much attention.

"I really didn't and there have been thousands of people sending messages and commenting on the In-

ternet," she said. "We will stop Harper's agenda when thousands of us act."

DePape said she didn't think her last name would become public. She used her middle name on a press release she sent to media because she didn't want her parents to find out about her protest.

Since then, she says she's been offered jobs by the Public Service Alliance of Canada and others.

Her parents' reactions have been "mixed," with her dad more critical than her mother, she said.

Past protests

Some previous protests at Parliament Hill:

- **Oct. 4, 2010** Pot legalization activist Samuel Mellace lights a joint in House of Commons gallery.
- **Dec. 7 2009** Greenpeace activists scale parliament buildings and unfurl banner.
- **Oct. 26, 2009** 120 people forcibly removed from House of Commons after interrupting with a climate-change protest.

Hospital breaks donation record

The Children's Hospital of Eastern Ontario's (CHEO) telethon wrapped up with a whopping \$670,595 worth of pledges phoned over the course of the broadcast.

The total adds up to a record-breaking \$6,335,595 raised for the hospital in the last year.

"Once a year we get to spend the weekend watching hundreds of people drop by to present cheques that represent incredible dedication and commitment to CHEO's kids. When the phones ring it is music to the ears of CHEO staff, as they know that those donations will help them provide the best possible care for our children and youth. I want to thank everyone who made this incredible total possible. Your kindness and generosity will truly make a difference for the families who rely on CHEO," said Fred Bartlett, president and CEO of the CHEO Foundation.

The final dollar total included money raised throughout the year through individual and corporate donations, special fundraising events, and funds collected by phone and online during the telethon. ● METRO



Veteran, 95, honoured

Second World War veteran Archie Pennie, 95, was honoured Thursday by private aviation museum Vintage Wings of Canada, when the Gatineau-based museum dedicated one of its Fairchild aircraft in Pennie's name.

Pennie came to Canada in 1942 to learn to fly as a pilot for the war and later served as an instructor with the British Commonwealth Air Training Plan.

● METRO

\$1.8M raised in fight against cancer

CONTRIBUTED



► Participants Jennifer Willson, left, and Martine Vallee.

The Ottawa Regional Cancer Foundation (ORCF) announced it raised \$1.8 million in the sixth annual Shoppers Drug Mart Weekend to End Women's Cancers.

About 950 people participated, with some

walking as many as 60 kilometres on Saturday and yesterday.

"To witness all these dedicated men and women coming together for this important cause is truly inspiring," said Linda Eagan of the ORCF. "A

big thank you to everyone who helped raise these crucial funds for the Ottawa Regional Cancer Foundation. Together, we are taking important steps to increase cancer survivorship in our community." ● METRO

1

news



Scan for local news, updated throughout the day.

- 1 Download the free ScanLife app with your smartphone at 2dscan.com
- 2 Use your smartphone to scan 2D barcodes in Metro
- 3 The codes will direct your mobile browser to m.metronews.ca

Correction

In Metro's weekend edition, an incorrect photo was used with the story on the HMCS Charlottetown being fired upon. Metro regrets the error.



Follow us on
Twitter
@metroottawa



EARLY BIRD DEADLINE
ONLY 3 DAYS LEFT!

HOW WOULD YOU SPEND \$300,000?



EARLY BIRD DEADLINE JUNE 9, 2011

1 in 3*
BEST ODDS EVER

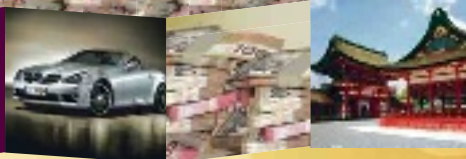
TOP GRAND PRIZE

\$2 MILLION

IT'S LIKE \$100,000 A YEAR FOR 20 YEARS*

**10
GRAND
PRIZES**

**CASH, CAR
AND TRIP
GRAND
PRIZES**



MILLIONS IN CARS, ELECTRONICS AND MORE!

**TICKETS
\$100 EACH
SAVE \$50
BUY 3
FOR \$250**

**1-888-551-1111
Ext. 700**



ORDER ONLINE www.heartandstroke.ca/lottery

100% OF NET PROCEEDS SUPPORT HEART AND STROKE RESEARCH THAT SAVES LIVES.

**BROCHURES
AVAILABLE AT:**



*Please refer to the full brochure or website for complete rules and regulations. Odds of winning any prize are approx. 1 in 3. All inquiries on the odds of winning are to be made to the licensee prior to ticket purchase. Only 250,000 tickets are available. Purchasers must be at least 18 years of age. 71,653 prizes at a value of \$10,831,246 (including all taxes and freight), will be awarded. Early Bird sales deadline is June 9, 2011. Final sales deadline is June 14, 2011. On August 2, 2011 major winners will be published in the Toronto Star and a complete list of winners will also be available at www.heartandstroke.ca/lottery. *\$2 million Grand Prize will be awarded as a lump sum. © Bank of Canada – bank note images used and altered with permission. Lottery Licence #: 3696

04

metro

metronews.ca
MONDAY, JUNE 6, 2011

On a grand trek to grandma's

- Lawyer-to-be will cycle 85 kilometres a day
- By night, he'll couch surf and camp



JESSICA SMITH
@METRONEWS.CA

Gavin Smith is going on a bicycle ride to his grandmother's house — more than 4,000 kilometres away.

The University of Ottawa law-school grad is setting out Saturday on a trek to Oceanside, Ore., where his grandmother lives, to raise money for a group that fights for environmental causes in court.

"It seemed like a great opportunity not only to spend my summer doing



► Gavin Smith

something I am really excited about, but to do it as a fundraiser for an organization that I am pretty excited about," Smith said.

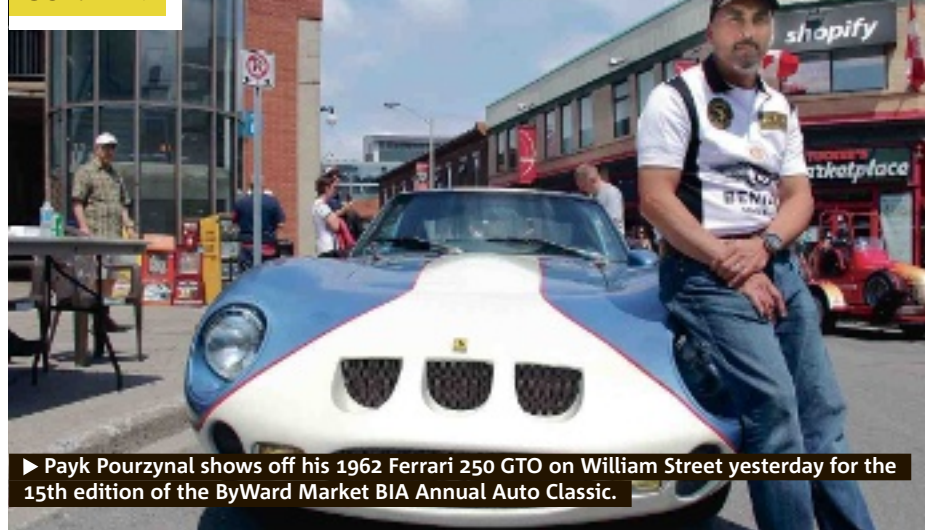
His goal is to raise funds for Ecojustice, formerly known as the Sierra Legal Defence Fund, which provides free legal services for environmental groups.

"Having studied law, that's where my interests lie and I'm pretty passionate about environmental issues," he said.

Smith plans to meet a friend in Fargo, N.D., and hopes to arrive in Oregon in August. From there he will catch a ride to Vancouver, where a new job awaits him.

To donate, go to ecojustice.ca/support.

Ooh. Ahh.



► Payk Pourzynal shows off his 1962 Ferrari 250 GTO on William Street yesterday for the 15th edition of the ByWard Market BIA Annual Auto Classic.

JOE LOFARO/METRO

A mighty fine show 'n' shine

It was a car lover's dream come true yesterday as classic Camaros, Mustangs and other vintage models crammed the ByWard Market for the BIA's Annual Auto Classic. Owners of autos dating back to the '20s showed off their babies to admiring crowds of people, some of whom made them an offer. This year's charity recipient is Operation Come Home, a non-profit organization that works with at-risk youth to help them finish school and find a job.

Amber Alert called off

Ottawa police cancelled an Amber Alert for a four-year-old girl reported missing by her mother, saying she had been found. Police said Lan-Trinh Nguyen was found hiding in a bush near a fair where she went missing in the Bayshore-

Woodridge area. She was sent to hospital as a precaution but police say she "seems fine."

Staff Sgt. Donna MacNeil-Charbot says police are continuing a child abduction probe to be sure they come to a definitive conclusion in the case. But she says it looks as if Nguyen simply wandered off. **THE CANADIAN PRESS**

Quick action saves man

A 56-year-old heart-attack victim has survived thanks to "the chain of survival." The man was given CPR from two friends, then defibrillation by firefighters, then "early advanced care" by paramedics en route to hospital. **● METRO**

Canada's hottest smartphones. Now from \$0.¹

Switch to Canada's best network today.²



Samsung Galaxy S™ Vibrant™ smartphone

3-yr. term	No term
\$0 ¹	\$499 ⁹⁵

SAVE \$499.95
with a \$50 voice
and data plan



HTC Incredible S™ 4G smartphone

3-yr. term	No term
\$0 ¹	\$499 ⁹⁵

SAVE \$499.95
with a \$50 voice
and data plan



MOTOROLA ATRIX™ 4G smartphone

3-yr. term	No term
\$24 ⁹⁵³	\$599 ⁹⁵

SAVE \$575
with a \$50 voice
and data plan



BlackBerry® Torch™ 9800 smartphone

3-yr. term	No term
\$24 ⁹⁵³	\$599 ⁹⁵

SAVE \$575
with a \$50 voice
and data plan

Visit a Bell store.

Bell savings
just got
better

Available at the following
Bell stores:

ARNPRIOR
6-75 Elgin St. W.
BROCKVILLE
1000 Islands Mall
R.R. 3 Highway 2 W.
CORNWALL
Cornwall Square
KANATA
510 Earl Grey Dr.
NEPEAN
50 Market Place Ave.
1541 Merivale Rd.
Bayshore Shopping Centre
Bayshore Shopping Centre (kiosk)
ORLEANS
Place d'Orleans
SmartCentres Orleans
OTTAWA
247 Bank St.
Billings Bridge Plaza
Carlingwood Shopping Centre
Rideau Centre
St. Laurent Shopping Centre
St. Laurent Shopping Centre (kiosk)
PEMBROKE
1018 Pembroke St. E.
PETAWAWA
3471-B Petawawa Blvd.
RENFREW
178 Plaunt St.
SMITHS FALLS
16 Beckwith St. S.
STITTSVILLE
1250 Main St.

Also available at these retailers:



Offer ends June 30, 2011. Available with compatible devices within network coverage areas available from Bell Mobility. Paper bill charge (\$2/mo.) applies unless you register for e-bill and cancel your paper bill. Other monthly fees, e.g., 911 (New Brunswick: \$0.53, Nova Scotia: \$0.43, P.E.I.: \$0.50, Quebec: \$0.40), and one-time device activation (\$35) apply. Upon early termination, price adjustments apply; see your Service Agreement for details. 30 days advance notice of termination required where not prohibited by law. Subject to change without notice; not combinable with other offers. Taxes extra. Other conditions apply. (1) With new activation on a 3-yr. term on a post-paid voice and data plan or a post-paid voice plan and a data feature with a min. value of \$50/mo. (2) With compatible devices. Based on comparison of national networks: (a) fastest network, according to tests of average upload and download speeds in large urban centres across Canada, (b) largest network, based on total square kms of coverage, and (c) fewest call failures based on tests including network access failures, blocked calls and dropped calls in large urban centres across Canada; all on the shared HSPA+ network available from Bell, vs. Rogers HSPA/HSPA+ network. Excludes roaming partners' HSPA and GSM/Edge coverage in certain parts of Manitoba and Saskatchewan. Speed may vary due to topography, environmental conditions, device type and other factors. See bell.ca/network for details. (3) With new activation on a 3-yr. term on a post-paid voice and data plan or a post-paid voice plan and a data feature with a min. value of \$50/mo. Price shown is after \$75 in-store credit. Credit applies at the time of purchase on the price of the device in-store before taxes. HTC, the HTC logo, and HTC Incredible S are trademarks of HTC Corporation. Samsung Galaxy S Vibrant is a trademark of Samsung Electronics Co., Ltd., used in Canada under license. MOTOROLA, the Stylized M Logo and MOTOBLUR are trademarks or registered trademarks of Motorola Trademark Holdings, LLC. BlackBerry®, RIM®, Research In Motion® and related trademarks, names and logos are the property of Research In Motion Limited and are registered and/or used in the U.S. and countries around the world. Android is a trademark of Google Inc.

News in brief

THE CANADIAN PRESS



► Harper's cat

Facebook helps name PM's cat

Prime Minister Stephen Harper is headed back to the polls — to help name his new cat.

Harper posted a note on his official Facebook page asking people to pick a name for his family's new grey tabby. The options include Stanley, Smokie and Gandalf. Facebook suggestions include Majority, Tory and Canuck. **THE CANADIAN PRESS**

Grow-ops pose risks: Report

Canada's cops, firefighters and paramedics face dangers when they burst into marijuana grow-ops and illegal drug labs, according to a new federal report.

In addition to toxins, deadly chemicals, moulds and dangerous wiring, they have to dodge booby traps meant to kill or injure them.

THE CANADIAN PRESS

Hotels house flood victims

Quebec's floods that have forced hundreds of citizens of the Richelieu River from their homes for over a month are transforming regional hotels into two-and-a-half star displaced-person camps. Until the flood waters retreat, victims will continue to live in limbo.

THE CANADIAN PRESS

'Stop Harper' stunt wows

► Prominent filmmaker Michael Moore salutes page's shocking protest

A high-profile American activist has become a cheerleader of the Senate page who lost her job for her stunning protest against Prime Minister Stephen Harper.

Michael Moore has posted a giant photo on his website of 21-year-old Brigitte DePape holding up a "Stop Harper" sign in the Senate chamber during Friday's throne speech.

Moore has also shared a link to a news story describing DePape's stunt, calling for U.S. students to "take note."

"For a young person to do that and to do it peacefully, and quietly and with grace, I thought it was a very powerful moment," Moore told The Canadian Press yesterday from New York.

"Every now and then there is an iconic moment where an individual takes

► Brigitte DePape talks with a supporter on her cellphone as she walks on a sidewalk in Ottawa on Friday.

MIKE BLANCHFIELD/THE CANADIAN PRESS



action, and it inspires others to think about, you know, what else would we be doing."

In an interview yesterday, DePape told The Canadian Press she's excited her protest has attracted attention from a high-profile activist like Moore.

"It's nice to have the support of people who think critically," she said.

The University of Ottawa graduate was fired from her job for the move and was criticized by many Parliamentarians who suggested it was disrespectful.

But DePape said she has

no regrets about the incident and remains convinced the best way to stop the Harper government is through protests like the one she staged.

"I really think it's only through inappropriate action that you can challenge the status quo and have real change," she said, adding that she's been overwhelmed by positive feedback from Canadians.

DePape said she initially joined the Senate page program to learn more about politics, but became convinced the Conservative government's agenda was disastrous on everything from the environment to social programs.

DePape stood in the Senate chamber for about 20 seconds holding the sign on Friday before she was ushered out by security. **THE CANADIAN PRESS**

Look inside today's **metro** for the icons below and enter for your chance to WIN.



Gas Stations



Grocery Stores



Drug Stores



Recurring Bill Payments

metronews.ca/momentum

YOU COULD

WIN
\$10,000 cash
 and one of 5 weekly cash prizes of **\$2,000**



Courtesy of
 Scotia Momentum®
 VISA® Card†

You're richer than you think.®

Scotiabank®

♦ No purchase necessary. Enter daily for more chances to win. Contest open to Canadian residents of legal age. Contest closes June 19, 2011 at 12pm. Odds of winning depend on number of entries received. For full contest rules and details, visit www.metronews.ca/momentum.

† You will earn 2% cash back on the first \$25,000 you spend annually at merchants classified by VISA as Grocery Stores & Supermarkets, Drug Stores & Pharmacies, Service Stations, Automated Fuel Dispensers and Recurring Payments (Merchant Codes: 5912, 5411, 5541 & 5542). Sometimes there are separate merchants located on the premises of these merchants but are classified by VISA in another manner, in which case this added benefit will not apply. Recurring payments are defined as payments made on a monthly or regular basis automatically billed by a merchant. Earn 1% cash back on purchases made after you have reached the 2% \$25,000 annual max., and on all other purchases. Scotia Momentum cash back is not awarded for cash advances, Scotia® VISA Cheques, credit vouchers, payments, purchase returns, card fees, interest charges or service/transaction charges.

* VISA Int./Lic. user The Bank of Nova Scotia. ™ Trademark of Visa Int./Lic. user The Bank of Nova Scotia. ® Registered trademarks of The Bank of Nova Scotia.



+ 0% PURCHASE FINANCING
ON SELECT MODELS¹¹



2011 CRUZE LS

MSRP \$16,526

EMPLOYEE PRICE
\$15,417*

INCLUDES FREIGHT, PDI & LEVIES

54 MPG
HIGHWAY

5.4 L/100 km HWY
7.8 L/100 km CITY^Δ

2011 CANADIAN CAR OF THE YEAR.

It travelled 60 Countries to arrive at this moment: Thanks to the Automobile Journalists Association of Canada for recognizing the Chevrolet Cruze here at home.



ASK ABOUT OUR GM OWNER LOYALTY BONUS*

0% PURCHASE FINANCING FOR 48 MONTHS

LTZ^{††}

2011 **MALIBU LS**
MSRP \$25,649

EMPLOYEE PRICE

\$22,874

**INCLUDES FREIGHT, PDI, LEVIES &
\$1,000 CASH CREDIT***

48 MPG
HIGHWAY

5.9 L/100 km HWY
9.4 L/100 km CITY^Δ

0% PURCHASE FINANCING FOR 48 MONTHS



2011 **TRAVERSE LS**
MSRP \$37,529

EMPLOYEE PRICE

\$31,860*

**INCLUDES FREIGHT, PDI, LEVIES &
\$2,300 CASH CREDIT***

34 MPG
HIGHWAY

8.4 L/100 km HWY
12.7 L/100 km CITY^A



- POWERTRAIN COMPONENT LIMITED WARRANTY
- ROADSIDE ASSISTANCE
- COURTESY TRANSPORTATION

Redeem your GM Card earnings today.[†]

VEHICLE PRICING IS NOW EASIER TO UNDERSTAND BECAUSE ALL OUR PRICES INCLUDE FREIGHT, PDI AND MANDATORY GOVERNMENT LEVIES.
Prices do not include applicable taxes and PPSA. Consumers may be required to pay up to \$799 for Dealer fees.***

Prices do not include applicable taxes and PPSA. Consumers may be required to pay up to \$799 for Dealer fees.***

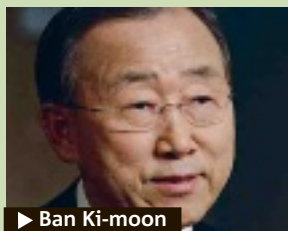
CASH FOR LEASES

GET **\$1000** TO GET OUT OF YOUR CURRENT LEASE
(ALL MAKES) AND INTO A NEW GM VEHICLE.*

visit: ontariochevroletdealers.com



News in brief



UN leader likely to seek reappointment

KI-MOON. The worst-kept secret at the United Nations is that Ban Ki-moon wants a second term as secretary-general and will almost certainly get it, possibly this month. As he travels the world, working behind the scenes and publicly to help defuse crises, Ki-moon has also been quietly lobbying for support from UN member states for a second five-year term. **THE ASSOCIATED PRESS**

Little support for theocracy in Egypt: Poll

ISLAMIC STATE. A poll released yesterday indicates that a small minority of Egyptians support the powerful Muslim Brotherhood, and less than one per cent favour an Iran-style Islamic theocracy. The Gallup poll found while most Egyptians want religious leaders to have an “advisory role,” they do not want a government based in religion. **THE ASSOCIATED PRESS**

35 dead after clashes in Syria

PROTEST. The death toll in a government security crackdown in Syria rose to 35 yesterday, human rights groups said. Exiled opposition figures said any dialogue now with the regime would be a joke. **THE ASSOCIATED PRESS**

Israeli troops kill 20 in border clashes

- ▶ Death toll includes a woman and teenage boy, while 325 were wounded
- ▶ Syrian hospital officials confirm casualty count, providing names of dead

Israeli troops yesterday battled hundreds of pro-Palestinian protesters who tried to burst across Syria's frontier with the Golan Heights, killing a reported 20 people and wounding scores more in the second outbreak of deadly violence in the border area in less than a month.

The clashes, marking the anniversary of the Arab defeat in the 1967 Mideast war, drew Israeli accusations that Syria was orchestrating the violence to shift attention away from a bloody crackdown on opposition protests at home. The marchers, who had organized on Facebook,

passed by Syrian and UN outposts on their way to the front lines.

"The Syrian government is trying to create a provocation," said Israel's chief military spokesman, Brig. Gen. Yoav Mordechai. "This border has been quiet for decades, but only now with all the unrest in Syrian towns is there an attempt to draw attention to the border."

There was no Syrian comment on why the protesters were allowed to storm the border, apparently undisturbed by authorities. But Syria's state-run media portrayed the event as a spontaneous

"This is an attempt to divert international attention from the bloodbath going on in Syria."

LT.-COL. AVITAL LEBOVICH, AN ISRAELI MILITARY SPOKESWOMAN, PUTTING BLAME ON THE SYRIAN REGIME FOR ALLOWING PROTESTERS TO REACH THE FENCE. SYRIAN TROOPS HAVE KILLED MORE THAN 1,200 CITIZENS DURING THREE MONTHS OF DEMONSTRATIONS AGAINST THEIR PRESIDENT.

uprising of Palestinian youths from a nearby refugee camp.

After nightfall yesterday, Syria's state TV said there

would be an open-ended sit-in at the border, and thousands more protesters were on their way.

The protests began around 11 a.m. with what appeared to be several dozen youths, brought in on buses. It gained strength through the day.

By evening, the crowd had swelled to more than 1,000 people, who milled about, prayed and chanted slogans in an uneasy stand-off with Israeli troops in the distance. The army bolstered its positions, posting a dozen armoured vehicles and jeeps along the border road.

THE ASSOCIATED PRESS

Weight Loss Simplified!

Look and feel your best! Whatever your weight loss goal, the PROVEN RESULTS Weight Loss Plan by Renew Life will get you there, once and for all.

Burn Fat • Balance Blood Sugar • Increase Lean Muscle Mass • Enhance Elimination

PROVEN RESULTS WEIGHT LOSS PLAN

Day 1 to 14

Take DietSTART daily as directed. This 14 day kit will help your body to burn fat and release excess water and waste. You can lose 2-10 lbs in 2 weeks!

Day 15 to GOAL!

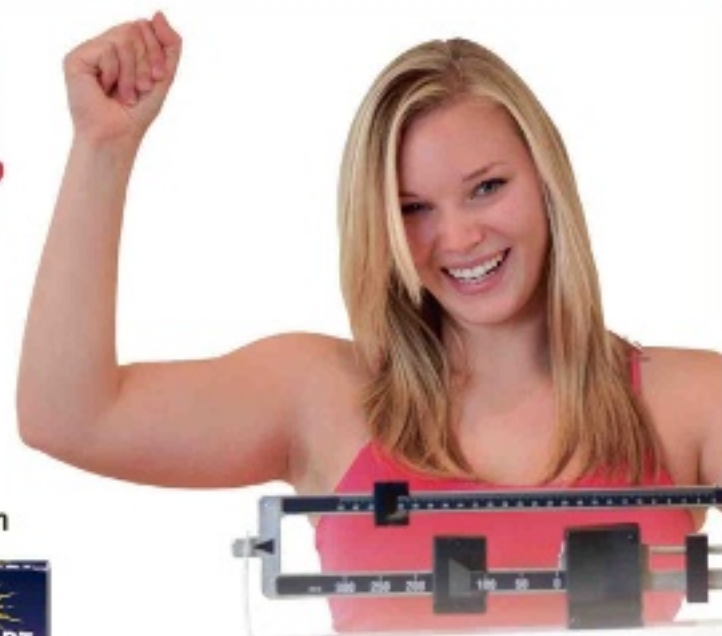
After completing DietSTART, switch to SIMPLY TRIM until you reach your desired weight. Just two capsules of SIMPLY TRIM a day will turn your body into a natural fat burning machine, helping you lose weight and reshape your body.



Visit in-store
for your free copy
of the **"Proven Weight
Loss Results"** booklet

Accelerated Weight Loss

To take your weight loss results to the next level, replace one meal per day with a FitSMART Shake. Each shake provides 20 grams of protein, 10 grams of fibre and loads of nutrition. FitSMART Shakes are a simple and satisfying way to lower calories and enhance weight loss results.



RENEW LIFE PRODUCTS ARE AVAILABLE AT YOUR
LOCAL HEALTH FOOD STORE

TO FIND A HEALTH FOOD STORE NEAR YOU CALL
1-800-485-0960 EXT 3 OR VISIT WWW.RENEWLIFE.CA

Receive \$2.00 OFF
your purchase of ANY* **Renew Life Product**

Free Retailer: Because LDC Canada Inc. will reimburse the full value of this coupon on the purchase of the product specified, other applications may exist. First, Applications for reimbursement may not be made more than 60 days after the coupon date, as indicated below, and will not be accepted. Failure to send in, or require, the self-paid stock are purchased in the previous 90 days to cover the coupon will void coupon. Coupon value will increase the property of Return LDC Canada Inc. For information on the availability of the retail distributor who obtained the coupon, first independent call to Return LDC Canada Inc. - 1215, North Service Road East - Suite 301, St. Catharines, ON L2R 1A7.

* Linka una coppia per prendere Individual Organic Filter Bars, FlOSSIER Bar & TigglerBERRY in ogni RadioShack. Contattaci online: Info. 114. 3031.

ARIEL SCHALIT/THE ASSOCIATED PRESS



► Pro-Palestinian protesters try to rescue a wounded man after he was shot by Israeli troops along the border between Israel and Syria, near the village of Majdal Shams in the Golan Heights, yesterday.

Yemenis dance as president gets surgery

Protesters danced, sang and slaughtered cows in the central square of Yemen's capital yesterday to celebrate the departure of the country's authoritarian leader for medical treatment in Saudi Arabia after he was wounded in a rocket attack on his compound.

President Ali Abdullah Saleh, who was taken to a military hospital in the

Saudi capital, Riyadh, underwent successful surgery on his chest to remove jagged pieces of wood that splintered from a mosque pulpit when his compound was hit by rockets on Friday, said medical officials and a Yemeni diplomat. They spoke on condition of anonymity because they did not have permission to release the information.

THE ASSOCIATED PRESS

Return to power



► Ali Abdullah Saleh

Deputy Information Minister Abdu al-Janadi said President Ali Abdullah Saleh would return to his duties after treatment.

► "Saleh will come back. Saleh is in good health, and he may give up the authority one day but it has to be in a constitutional way," al-Janadi said.
► But in the streets of the capital, joyful crowds were celebrating what they hoped would be his permanent exit after nearly 33 years in power. Street battles between the sides have pushed the political crisis in Yemen to the brink of civil war.

Keeping your number and saving money has never been easier.

\$100
credit

Transfer your number to Mobilicity today and you will receive a \$100 credit. Plus, get unlimited talk, text and data for only \$35 per month.

\$25
per month

Unlimited
Local
Calling

+

Unlimited
Text &
Picture
Messaging

+

Caller
ID

+

Add Unlimited
Data for only
\$10 /month

\$100 credit is provided to customer's My Wallet™ account, in equal installments of \$25 per month for 4 months, when customer port-in his/her number on a new activation. Taxes are extra. Limited time offer. Offer valid only at participating locations. Restrictions may apply on combining offers with other offers or promotions and only applicable to new activations. All features included in each plan must originate within the Mobilicity Unlimited Zones. Premium and special numbers are excluded. *Text and Picture Messaging* refers to text and picture messages sent to Canada and the Continental US only. Terms and conditions apply. Subject to change without notice. © 2011 Mobilicity. 'Mobilicity' and the Mobilicity logo are trademarks of Mobilicity. HTC Panache and HTC Sense are trademarks of HTC Corporation. Android and Android Market are trademarks of Google, Inc. Other trademarks shown may be held by their respective owners. All rights reserved.

hTC Panache™ Exclusive to Mobilicity



mobilicity
mobilicity.ca

Mobilicity Stores

2525 Carling Ave (Lincoln Fields Mall)
1595 Merivale Road Unit 6 (Meadowlands Mall)
168 Rideau Street
(Corner of Rideau and Dalhousie)
100 Bayshore Drive
(Bayshore Shopping Centre)

173 Montreal Road
(Montreal Rd and Vanier Parkway)
888 Meadowlands Drive East Unit 8
(Meadowlands and Prince of Wales Drive)
300 Eagleson Road (Hazeldean Mall)

Authorized Dealers

L-Tronix Ltd: 1652 Bank Street
FTA Tronix: 1807 Carling Ave
ANT Electronics: 625 Centre Street
Computer Idol: 203 Colonnade Road
L-Tronix Ltd: 500 Eagleson Road
Rocknet Telecom: 1020 St. Laurent Blvd., Unit 12

Bullo Wireless: 1414 Walkley Road
IGO Cyber House Inc: 223 Bank Street
Computer Onsite: 1439 Woodroffe Ave
Joe Mobile Tech: 780 Baseline Road Unit 22

'Obedient Wives' attract controversy in Malaysia

► Newly launched club says good sex a must for happy marriage ► Founders previously set up a Polygamy Club

As a new bride, 22-year-old Ummu Atirah believes she knows the secret to a blissful marriage: Obey her husband and ensure he is sexually satisfied.

Ummu and some 800 other Muslim women in

Malaysia are members of the "Obedient Wives Club" that is generating controversy in one of the most modern and progressive Muslim-majority countries, where many women hold high posts in the govern-

ment and corporate world.

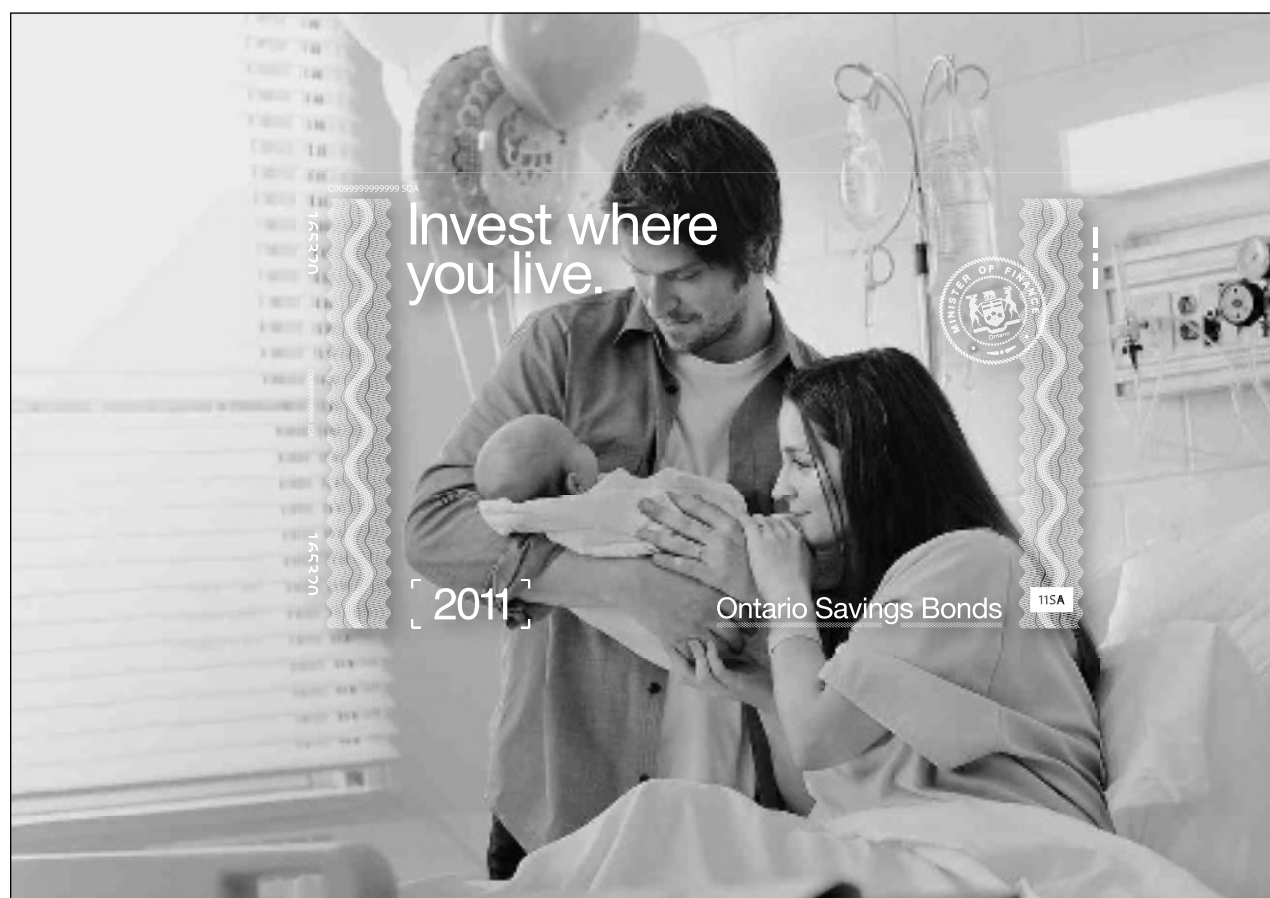
The new club, launched Saturday, says it can cure social ills such as prostitution and divorce by teaching women to be submissive and keep their men happy in the bedroom.

The club, founded by a fringe Islamic group known as Global Ikhwan, has been dismissed by politicians and activists as a throwback to medieval times and an insult to modern women of Malaysia. **THE ASSOCIATED PRESS**

Concerns

- Groups such as Global Ikhwan are unlikely to gain much popularity beyond generating shock value.
- Still, there is concern that

radical groups could garner support among other Muslims, who make up 60 per cent of the 28-million population, and upset decades of carefully nurtured racial and religious harmony.



Invest where you live.

[2011]

Ontario Savings Bonds

115A

When you invest in Ontario Savings Bonds, you're investing in what makes Ontario stronger. You can feel confident you're making a safe, flexible investment with competitive rates, that's guaranteed by the province. Ask for Ontario Savings Bonds by name where you bank or invest.

STEP-UP RATE BOND

The competitive interest rate continues to rise with each year over its 5-year term. You can redeem every six months.

1ST YEAR	1.25%
2ND YEAR	1.50%
3RD YEAR	2.00%
4TH YEAR	2.50%
5TH YEAR	3.75%

VARIABLE-RATE BOND

To remain competitive, a new rate is offered annually over the 3-year term. You can redeem annually.

CURRENT RATE	1.30%
--------------	-------

FIXED-RATE BOND

Enjoy a set competitive interest rate for the duration of the bond's term.

3-YEAR FIXED-RATE BOND	2.15%
7-YEAR FIXED-RATE BOND	3.20%
10-YEAR FIXED-RATE BOND	3.80%

AVAILABLE
June 1 - 21

ontario.ca/savingsbonds • 1-888-212-BOND (2663) • TTY: 1-800-263-7776

Paid for by the Government of Ontario



OVERTIME WIN SPELLS DOWNTOWN PARTY



The combination of a weekend game and sun brought out the crowds in Vancouver on Saturday night.

Police estimated more than 70,000 people — many carrying home-made Stanley Cups of varying degrees of sophistication — flooded the city's downtown to watch the game and celebrate Vancouver's 3-2 overtime win over Boston.

HOME ICE ADVANTAGE



The number was almost double the 40,000 people who celebrated downtown on a soggy Wednesday after Game 1.

Fans have been using YouTube to show their support, including parodies of Cee Lo Green's Forget You and Rebecca Black's Friday.

JEFF HODSON IS MANAGING EDITOR OF METRO VANCOUVER

E. coli outbreak linked to Germany

The terrifying E. coli outbreak in Europe appears to have been caused by vegetable sprouts grown in Germany, an agriculture official said yesterday as the toll climbed to at least 22 dead and more than 2,200 sickened.

Preliminary tests found that bean sprouts and oth-

er sprout varieties from an organic farm in the Uelzen area, between the northern cities of Hamburg and Hannover, could be connected to infected people in five German states, Lower Saxony Agriculture Minister Gert Lindemann said.

THE ASSOCIATED PRESS

Pope's plea to couples

Pope Benedict XVI has denounced the "disintegration" of family life in Europe and has called for couples to make a commitment to marry and have children, not just live to-

90% Croatia is nearly 90 per cent Catholic, but it allows some legal rights for same-sex couples and permits abortion up to 10 weeks after conception.

gether, during his two-day visit to Croatia.

THE ASSOCIATED PRESS

Everyone was invited?

Teen mistakenly publishes sweet 16 party invite to all on Facebook

Better check your Facebook settings before posting a party invitation online.

A teenage girl in Germany who forgot to mark her birthday invitation as private on Facebook fled

her own party when more than 1,500 guests showed up and around 100 police officers, some on horses, were needed to keep the crowd under control.

Eleven people were tem-

porarily detained, one police officer was injured, dozens of girls wearing flip-flops cut their feet on broken glass and firefighters had to extinguish two small fires at the 16th birthday

party in Hamburg, police spokesman Mirko Streiber said yesterday.

The birthday girl went into hiding, Streiber said, but "nonetheless the party was a hit." **THE ASSOCIATED PRESS**

► Party-goers gather in Hamburg, Germany, Friday after a teenage girl, identified only as Thessa, forgot to mark her birthday invitation as private on Facebook.



NHL sellout leaves fans desperate

NHL season tickets in Winnipeg sold out in 17 minutes.

And the return of the Jets (or Whiteout, or whatever they're going to be called) has spawned a number of desperate and not-so-serious ads on free classifieds websites like Kijiji.ca.

Some examples include one couple who posted a picture of their baby son with the title: "Doesn't he deserve to experience Jets games?"

There were also a number of people claiming to be in the doghouse and selling their tickets for a

massive markup. Some are willing to pay outrageous prices.

Others were offering incentives to people willing to part with their tickets, including one guy willing to throw in a \$300 gift certificate for The Keg if he could buy half of a season and another guy willing to give up his first born (we hope he's kidding).

And still others did nothing but post ads admonishing scalpers for selling their tickets for more than they were worth.

● ELISHA DACEY

FRANCISCO NEGRONI/THE ASSOCIATED PRESS



► Volcanic lightning in Chile.

Chilean volcano erupts with a flash

A volcano in the Caulle Cordon of southern Chile has erupted violently, billowing smoke and ash high into the sky and prompting more than 3,500 people living nearby to evacuate and forcing flight cancellations. Ash and gas continued to billow from the earth yesterday.

There were no reports of injuries from Saturday's

eruption.

A column of gas 10 kilometres high and five kilometres wide rose from Puyehue-Cordon Caulle complex, according to Chile's National Geology and Mining Service.

Chilean authorities evacuated some 3,500 people from 22 settlements near the volcano, which produced an eerie show of lightning dancing through its clouds of ash overnight.

Rodrigo Ubilla, Chile's undersecretary of labour, said some people near the volcano had decided not to leave their homes because they didn't want to abandon their animals.

THE ASSOCIATED PRESS

PROVINCIAL SERVICES DURING A CANADA POST STRIKE

The Government of Ontario is working to ensure that critical government services continue to be delivered effectively in the event of a labour disruption at Canada Post.

ServiceOntario

All ServiceOntario centres, web services and kiosks are open for business. However, some ServiceOntario products that depend on mail delivery by Canada Post will be delayed.

Please read below for information on certain services. For up-to-date information on these ServiceOntario services, please visit ServiceOntario.ca/findservices or call 1-800-267-8097 or 416-326-1234.

HEALTH SERVICES:

- If your Health Card has expired, you will not be refused emergency health care. Health card renewal notices will not be mailed during a postal disruption. If you renew your health card, be sure to keep the transaction record as temporary proof that you are covered by provincial health insurance.

DRIVER AND VEHICLE SERVICES:

- All driver and vehicle licensing services will continue to be available but renewal applications and driver licence cards will not be mailed out. Please renew your licence and vehicle permits on time. If your licence is expiring, temporary licences are available through ServiceOntario. For more information call 416-235-2999, or 1-800-387-3445.

CERTIFICATES:

- If you go online to order a birth, death or marriage certificate, it will be couriered to you.

OTHER SERVICES:

Arrangements have been made for the delivery of the following June payments: the Ontario Sales Tax Transition Benefit (OSTTB) and the Ontario Child Benefit (OCB). To help ensure the receipt of future federally administered benefits, you are encouraged to apply for direct deposit to avoid payment delays. Recipients can request direct deposit using 'My Account' service or completing the appropriate forms that are available on the Canada Revenue Agency's website at: www.cra.gc.ca/myaccount.

To help ensure the receipt of future provincially administered benefits, you are encouraged to contact the Ministry of Revenue to have your payments directly deposited into your bank account. Please call 1-866-668-8297 for the Guaranteed Annual Income System (GAINS) and Ontario Child Care Supplement for Working Families (OCCS) or 1-888-544-5101 for Rental Opportunity for Ontario Families (ROOF) and Short-term Rent Support Program (STRSP) or TTY: 1-800-263-7776 for all of these programs.

If you usually receive your Ontario Disability Support Program or Ontario Works payment by mail, you should contact your local office to find out when and where you can pick up your cheque, or call 1-888-789-4199 or 416-325-5666. TTY: 1-800-387-5559 or 416-327-4282.

If you usually receive or submit support payments to the Family Responsibility Office (FRO) by cheque, call 1-800-267-7263 or 416-326-1818. TTY: 416-240-2414.

For information about:

- Services at the Ministry of the Attorney General, call 416-326-2220 or 1-800-518-7901. TTY Toronto: 416-326-4012. TTY: 1-877-425-0575.
- Big Game Draw applications and Outdoors Card renewals, please visit www.ontario.ca/hunting or call 1-800-387-7011.
- Skilled workers' certification renewals or changes of address for journeypersons/apprentices call 1-800-448-9656 or 416-326-5525.
- Ontario government training services, call the Employment Ontario Hotline at 1-800-387-5656 or 416-326-5656.
- The Ontario Student Assistance Program (OSAP), to check status of OSAP applications or to apply online, visit www.ontario.ca/applyforOSAP. For information about OSAP by phone, call 1-877-672-7411 or TTY: 1-800-465-3958.
- Filing assessment reports and applications to record a mining claim, please visit www.ontario.ca/mininglands or call 1-888-415-9845.
- For information about Employment Standards call 1-800-531-5551 or visit www.ontario.ca/labournotice.

TAX PAYMENTS

- You can submit your taxes electronically for most Ontario taxes using the province's ONT-TAXS online service, by Internet banking service, tax banking, walk-in delivery to any Ontario Tax Office or by courier to the Ministry of Revenue, 33 King Street West, PO Box 620, Oshawa, ON L1H 8E9. To locate a tax office near you, or for information on how the postal service disruption impacts your tax responsibilities or benefit payments, call 1-866-ONT-TAXS (1-866-668-8297).

Slow. Art



► Helmet casts from the Second World War — in the shape of turtles — are displayed on a beach in France to honour the anniversary of D-Day today.

VINCENT MICHEL/THE ASSOCIATED PRESS

Creation from combat

An installation of 1,000 casts of Russian, German and U.S. helmets is being displayed on Omaha Beach in western France to condemn global violence. The exhibit was created by French artist Rachid Khimoune.

Novel drugs offer skin cancer patients new hope

► Two studies find extended survival for those with deadly melanoma

They're not cures, but two novel drugs produced unprecedented gains in survival in separate studies of people with melanoma, the deadliest form of skin cancer, doctors reported yesterday.

In one study, an experimental drug showed so much benefit so quickly in

people with advanced disease that those getting a comparison drug were allowed to switch after just a few months.

The drug, vemurafenib, targets a gene mutation found in about half of all melanomas. The drug is being developed by Genentech, part of Swiss-based

Roche, and Plexxikon Inc., part of the Daiichi Sankyo Group of Japan.

The second study tested Bristol-Myers Squibb Co.'s Yervoy, a just-approved medicine for newly diagnosed melanoma patients, and found it nearly doubled the number who survived at least three years.

"Melanoma has just seen a renaissance of new agents," and more are being tested, said Dr. Allen Lichter, chief executive of the American Society of Clinical Oncology. The studies were published online by the New England Journal of Medicine.

THE ASSOCIATED PRESS

unlimited happy talk

\$25

per month

chat-rTM wireless
no worries • talk happy

in a chatr zone

BONUS CREDIT \$60 when you sign-up for auto-pay*



get on the no worriesTM network

Available at:

► FUTURE SHOP

booth
wireless

« WIRELESSWAVE »

BEST
BUY

COSTCO
WHOLESALE

Zellers

chat-r stores

LOCATED AT:

Bayshore Shopping Centre

Place d'Orleans

chatrwireless.com

Offers available for a limited time and subject to change without notice. *Bonus in 6 monthly installments of \$10 will be credited to the chatr account. ©2011

Report claims feds hoarding copyrights

► In 2009, more than 2,100 patents and copyrights by outside contractors held by government departments

Departments and agencies are hoarding hundreds of patents and copyrights, violating the federal government's rules on intellectual property, says a new report.

For more than 10 years, federal policy has been to assign contractors the rights to any intellectual property produced during their work for departments and agencies. For example, a software company that writes a computer program under a federal contract can retain the copyright and sell the program. The

Protocol

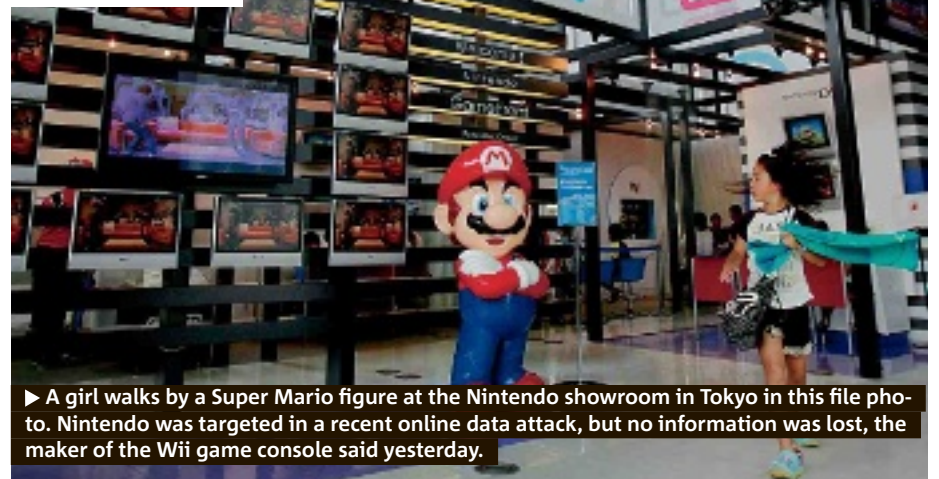
- The 2011 report found few departments were applying to the Treasury Board to allow them to retain patents or copyrights.
- It says Canadian rules are being widely ignored.
- It also criticized the Treasury Board and Industry Canada for failing to monitor departments' adherence to the policy.

policy, implemented in 2000, says only in exceptional circumstances should Ottawa retain a patent or copyright — largely because the private sector is best positioned to exploit it commercially.

A new report found that too many patents and other intellectual properties are winding up in government hands. In 2009, 59 per cent of the intellectual property generated by outside contractors was snapped up by government departments.

THE CANADIAN PRESS

Game. Invasion






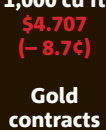
► A girl walks by a Super Mario figure at the Nintendo showroom in Tokyo in this file photo. Nintendo was targeted in a recent online data attack, but no information was lost, the maker of the Wii game console said yesterday.

SHUJI KAJIYAMA/THE ASSOCIATED PRESS

Nintendo faces security breach

The server of an affiliate of Nintendo's U.S. unit was accessed a few weeks ago, but there was no damage, company spokesman Ken Toyoda said. A recent spate of similar breaches resulted in more serious damages at Nintendo rival Sony Corp.

Market moment

TSX	Dollar
	
- 1.59 (13,517.91)	- 0.28¢ (102.22¢ US)
Oil	Natural gas 1,000 cu ft
	
- 18¢ US (\$100.22 US)	\$4.707 (- 8.7¢)
	Gold contracts \$1,542.40 (+ 9.70)

PRICES AS OF 3 P.M. FRIDAY



2% cash back
on recurring
bill payments[†]

Visit metronews.ca/momentum and tell us the page you found this on for your chance to WIN \$10,000 in cash and one of 5 weekly cash prizes of \$2,000.

You're richer than you think.[®]

Scotiabank[®]

[®]Registered trademarks of The Bank of Nova Scotia. [†]Refer to our ad in this paper.

Flaherty plans to stay the course

In a way, it will go down as the ultimate budget leak.

When Finance Minister Jim Flaherty stands up in the House of Commons today to deliver the government's fiscal plan for the upcoming year, Canadians could be forgiven for thinking they've heard it before.

They have. As Flaherty has repeatedly said since his party won its first majority on May 2, he intends to bring back essentially the same document he unveiled two months ago and that all three opposition parties rejected.

Taking what remains of the drama out of the

process, Flaherty has also unveiled the two major changes he does intend to bring in — setting aside about \$2.2 billion for Quebec's adoption of the harmonized sales tax, and beginning the process of phasing out political party financing.

"Basically this is the March 22 budget with a couple of additions from the platform," the minister said recently. Officials have also let it be known there will be few surprises, if any, reducing the usual all-day lock-up for reporters to a slim two hours.

THE CANADIAN PRESS

Move over, Oxford, there's a new school in town

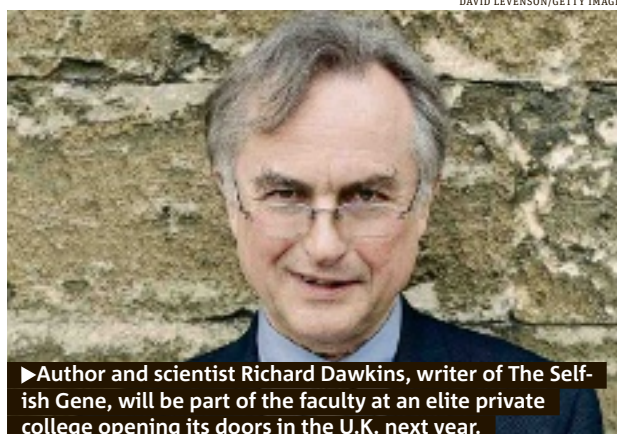
A group of prominent British academics said yesterday they are starting a private university in London to rival the country's elite institutions in Oxford and Cambridge.

The New College of the Humanities will be led by AC Grayling, a renowned philosophy professor, and the faculty will include Richard Dawkins, an evolutionary biologist and successful author, economics professor and

writer Niall Ferguson, and other prominent educators.

It will be a relatively small university boasting at least one teacher for every 10 students and offering one-to-one tutorials and extensive contact between teachers and students, officials said.

In a message posted yesterday on the new university's website, Grayling said graduates would be ready to make "an imme-



► Author and scientist Richard Dawkins, writer of *The Selfish Gene*, will be part of the faculty at an elite private college opening its doors in the U.K. next year.

diate contribution in business, government, media or the arts."

He also said college staff would help arrange internships.

Grayling said that "a significant number" of scholarships would be awarded.

The new college has started accepting admissions applications, with classes expected to begin in October 2012.

THE ASSOCIATED PRESS

High costs

- The college will offer degrees in literature, history, economics, law and other disciplines, in conjunction with the University of London.

- Tuition fees will be set at \$29,500 US per year, double the maximum allowed under a government cap on public universities.

SONGS ARE MORE THAN A NICE TUNE

URBAN COMPASS

STEVE COLLINS
METRO OTTAWA



Last June, city council voted to team up with the Ottawa Sports Entertainment Group and give Lansdowne Park a radical makeover.

These days, when we hear any discussion at all of the redevelopment, it sounds like mere details of a done deal, like the identities of key tenants (Whole Foods and Empire Cinemas are in, the Ottawa Art Gallery is out), or the fate of the heritage Horticulture Building, which the city and developers want to uproot and move, against the advice of the province's Conservation Review Board.

But just try telling Stephen Richer it's all over but the digging. The retired sociology professor, activist and musician is an outspoken member of Friends of

The retired sociology professor, activist and musician is an outspoken member of Friends of Lansdowne, which is still vying to stop the sole-sourced OSEG deal in court and keep the park in public hands.

Lansdowne, which is still vying to stop the sole-sourced OSEG deal in court and keep the park in public hands.

"I've invested two-and-a-half years in it and if I thought it was a done deal, I sure wouldn't be doing that," he says.

He has heard all the criticisms of his group, that it is a NIMBY phenomenon entirely composed of Glebe and Old Ottawa South residents ("Bull," he retorts, pointing to supporters from Kanata, Orleans and New Edinburgh) and they oppose any redevelopment of the park.

"We want something done there," he insists. "We hate the way it is. I mean, it's an eyesore. But we want it done right and we want it done honestly

and transparently, and we want to end up with a product that is not a shopping mall."

Supporters, he says, have already raised approximately \$180,000 to fight their case, with two more events this weekend, including a second instalment of The Lansdowne Follies at the Mayfair Theatre Sunday. That fundraiser will feature the Council of Canadians' Maude Barlow and performances by songwriter Terry Tufts and Juno Award-winning singer Kellylee Evans.

"Song is a weapon, I'll tell you," says Richer, who once taught a course on the history of protest songs and brought his own banjo to bear last week on CANSEC, the weapons show held at Lansdowne.

"I think a song can reinforce and build a sense of community among people," he says.

"At the CANSEC arms show we had 150 to 200 people singing in one voice, protesting what was happening. Singing reaffirms community, that's what it does. It gives collective voice. It makes you feel part of a larger collective, a larger movement."

It can also fill the activists' legal war chest.

Barrhaven flips out for good cause: Education

NEWS WORTH SHARING

Media will always have to report on the tough stuff.

But we know Canada is full of compassionate individuals, inspiring projects and stories worth

celebrating.

Here is just one. Barrhaven's Ottawa Christian School knows the benefits of eating a good, nutritious breakfast.

That's why, each year, the school and community come together to flip pancakes for a good cause: Education.

Attendees of the annual pancake breakfast

"flipped out" and each gave a \$3.50 contribution for the school's new textbooks. Teachers arrived at the school bright and early to start mixing batter.

Principal Paul Triemstra said this "good-feeling event is one more way that we can bring the community together."

It's clear — Barrhaven

knows the importance of community, education and investing in young people.

CRAIG AND MARC
KIELBURGER/FOR METRO

Help the good news get around. Send your stories of local heroes and positive action to goodnews@metowe.com and we will share them right here.

Cartoon by Michael de Adder



Tweets

- @gjrowe: RT @CHEOhospital: Wow \$1,403,468 so far on the #CHEOtelethon, but we still need your help. Make your pledge at 613-567-6464. Thank you #Ottawa.
- @JadePichette: The walk to end women's cancer is going directly in front of my house. Good work to everyone who is walking. #Ottawa
- @LittleBitOBling: Just finished painting over 40 little faces at #uppercanadavillage Heading back to #ottawa after a little rest by the lake.
- @DanielleMcGee: Mayor @JimWatsonOttawa along the Canal proclaiming it helmet day w/ Fizzy! #ottcity <http://lockerz.com/s/107977910>
- @OttawaLawyers: Any one else involved in PlayOn at ScotiaBank Place? How awesome is a giant road hockey tournament?
- @RebeccaPageCHS: @larawellman Buy a push mower. Cheaper & greener & quieter & they last longer.
- @fpddefault: Diefenbunker visit was awesome! Thanks to Doors Open Ottawa for this opportunity to connect with history.

WEIRD NEWS

Now they are taking the shirt off his back

Thousands of buyers vied for items that once belonged to convicted swindler Bernard Madoff, with 14 pairs of his underwear going for \$200 US and a photograph of a naked rear end selling for \$4,600.

The Miami Herald reported the U.S. Marshals Service

held the auction Saturday in Miami Beach.

Some bidders, like Mike Burd of Long Island, N.Y., planned to resell the goods for profit on eBay. Others, like North Miami online retailer Rich Kroll, simply wanted a piece of history.

The mostly household goods brought in more than \$400,000, which will go toward compensating victims of Madoff's \$65-billion Ponzi scheme. Madoff pleaded guilty and is serving a 150-year prison sentence.

THE ASSOCIATED PRESS



Who's afraid of the big bad wolf?

- 19-year-old Tyler Posey gets some big claws and fangs for his role in Teen Wolf
- TV show has little in common with the original Michael J. Fox film from the 1980s



There's just something about Tyler Posey that makes people think of werewolves. Not only is he leading MTV's new, darker series version of Teen Wolf, but 19-year-old California native was also considered for the role of shape-changing Jacob Black in the Twilight films — a role that eventually went to Taylor Lautner.

"I guess, according to MTV, I have a lupine look, which I had no idea what that meant. Does anyone know what that means?" Posey asks, before being given the definition. "Wolf-like? I had no idea what that meant. But yeah, I have a 'lupine' look." Which is not to say Posey is a particularly hirsute young man. "I shaved 18 days ago," he jokes. "I grow no hair. I just look like a wolf. Dark and handsome."

In fact, if he could take on any of his werewolf alter-ego's abilities, it wouldn't be the increased speed, strength or senses, he admits. "I'd like to grow hair. On my face," he says. "My



► Tyler Posey stars in a new MTV show Teen Wolf. The show airs Sunday nights on MuchMusic.

werewolf grows big, crazy muttonchops. But he grows it and then it just goes away. That's the power I want. I can just grow whatever I want and bring it in whenever I want. Why not?"

Posey is quick to point out this Teen Wolf doesn't have a lot in common with the original film — which came out before Posey and most of its target audience were born — including how his character looks

during a full moon.

"The big movie I really looked at for inspiration was Wolf with Jack Nicholson, because it's totally our genre," he says. "It's funny, there's romance in it, and his wolf looks a lot more like ours. It's more smooth and ... was it sexy? I don't want to call Jack Nicholson sexy. But he is."

While other actors might be canceling their Internet service to avoid reading scathing message

board rants — which Teen Wolf was generating long before its premiere — Posey refuses to hide.

"I like hearing reviews, I like hearing what people have to say," he says. "I want to keep track of the show, see what people think. Nothing deters me. If people say bad reviews, it's just like, I like the show. That's what matters, right?"

Besides, Posey knows he has supporters, since he in-

teracts with them as much as possible. "I'm Twittering like crazy," he says. "I'm pretty good with trying to stay in contact with my fans. Like, every single person that talks to me I try to message back. That's one of my favourite things about Twitter, just being so personal with your fans. I think it's so cool. I don't know, I just like it. I feel like I can change the world. And I'm going to, damn it, one tweet at a time."

MTV Awards



► **Show.** Saturday Night Live star Jason Sudeikis hosted the two-hour MTV Movie Awards last night. The film fete's awards are given based on fan votes for their favourite movies in quirky categories such as best kiss, best fight and best jaw-dropping moment. Visit metronews.ca/scene for coverage of the event.

2

scene

Scene in brief



Studio estimates yesterday pegged X-Men: First Class at a solid No. 1 opening with a \$56 million US weekend. But the prequel chronicling the formative years of the comic-book mutants found smaller audiences than the franchise's first four big-screen adventures.

THE ASSOCIATED PRESS



Who sought J.R.? Dallas star Larry Hagman's memorabilia auctioned off in Beverly Hills. Scan code for story.

YOU COULD WIN A TRIP FOR

TWO TO THE L.A. PREMIERE OF

LOOK IN METRO FROM JUNE 2ND TO JUNE 8TH FOR THE HIDDEN GREEN LANTERN ICONS

YOU COULD ALSO WIN PASSES TO THE ADVANCE SCREENING!

GREEN LANTERN

IN THEATRES JUNE 17

IN 3D IN SELECT THEATERS



realD 3D

WWW.GREENLANTERN.COM



Green is still not a cheery Colour



▶ Dallas Green

► Dallas Green as self-critical as ever despite success of City and Colour

With a polished third disc ready for release and some prestigious recent gigs behind him, Dallas Green appears poised for an international breakthrough.

But the artist known as City and Colour doesn't want his fans to worry. The troubled troubadour isn't in danger of cheering up anytime soon.

"I'm still the same old guy I've always been," Green said during a recent interview in Toronto. "I still write songs about how I

"It can be very funny but a lot of times it can be really horrifying. When you're sleeping next to someone who all of a sudden wakes up and starts screaming, doesn't know where they are."

DALLAS GREEN, ON HIS WIFE LEAH MILLER'S FREQUENT NIGHTMARES, WHICH PROVIDED THE INFLUENCE FOR HIS SONG FRAGILE BIRD

have no faith in myself — it's never going to change.

"And maybe that's better, because no matter how many times I play at (Toronto's) Massey Hall or Royal Albert Hall (in London), or how many records (I sell) whatever, I still think I can

do better and still want to be better, more so for myself than anyone else.

"Having those big experiences just makes me like recess back further into the hole that I'm in that makes me want to get better."

Yet that last comment does not mean that Green, with an ever-growing contingent of fans waiting on his music, is shying away from personal material.

In fact, on Green's third solo disc, *Little Hell* — out Tuesday — the 30-year-old includes enough critically intimate details of his life to

make an oversharing reality TV star blush.

He delves into his wife's nightmares, into the way he relates to his parents, into fleeting moments of relationship-related despair and into the mental-health struggles endured by his sister.

He says writing about his innermost feelings is not new for him, but he continues to strive for universality even in his most personal pieces.

"When I write songs like that ... I guess I think I write them in a relatable enough way that anyone who's been through something with someone they love, you can easily listen to that song and just replace the word 'sister' with brother, mother, father, or uncle, aunt, anything."

THE CANADIAN PRESS

Illness forces Adele to cancel tour dates

British singer Adele has cancelled the remaining dates on her North American tour because of her laryngitis.

In a statement Friday, Adele said she was "really frustrated" but "there is absolutely nothing I can do but take the doctor's advice and rest some more."

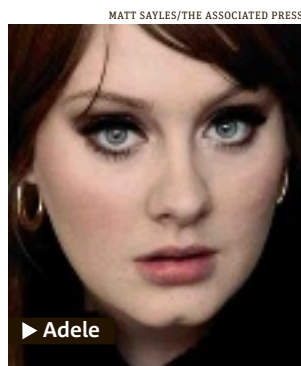
The announcement came days after the singer postponed five dates on the tour. She is now cancelling the nine remaining shows.

The 23-year-old's sophomore album, *21*, is the bestselling album of the year. It has sold close to two million units in America.

Her single, *Rolling In the Deep*, is currently No. 1 on Billboard's Hot 100 charts.

The statement also said that rescheduling the tour dates was "being investigated."

THE ASSOCIATED PRESS



▶ Adele



2% cash back
at eligible
drug stores†

Visit metronews.ca/momentum and tell us the page you found this on for your chance to WIN **\$10,000** in cash and one of 5 weekly cash prizes of \$2,000.

You're richer than you think.*

Scotiabank®

®Registered trademarks of The Bank of Nova Scotia. †Refer to our ad in this paper.

Platinum plus?

► Each of Green's previous two independently released solo projects (2005's *Sometimes* and 2008's *Bring Me Your Love*) were certified platinum in Canada.

► Some have already made the not-so-bold prediction that Green could build on those returns with his third effort, which is set for release on Tuesday.

► London's *Independent*

newspaper, for instance, mused in its recent four-star review of his live performance that *Little Hell* was "likely to provide his true coming-of-age."

► But Green says he doesn't take such praise to heart. "You get to the point where you start believing the hype and you lose that buffer zone where you can tell if something that you wrote is (bad) or not," he said. "Because if everyone likes it, then you think, Oh geez, I can do no wrong."

Arcade Fire film not intended as political statement: Band

Arcade Fire has long held a reputation for seriousness, whether it's the Montreal band's carefully contemplated music, their politics or their unwaveringly independent ethos.

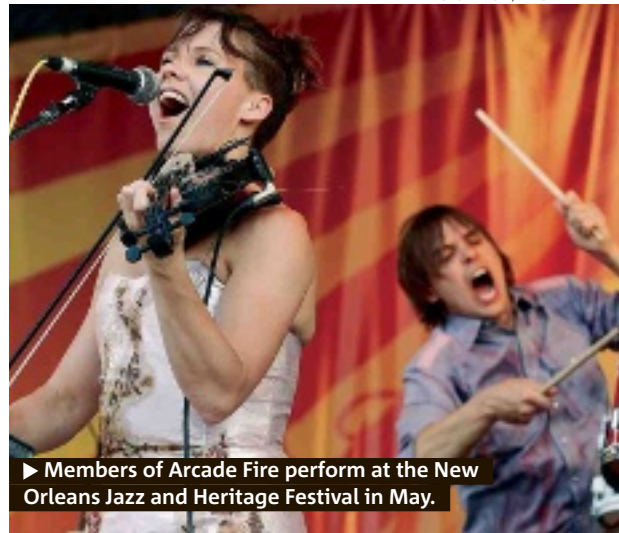
So it's perhaps not surprising that the stark images in the band's new Spike Jonze-directed short film *Scenes from the Suburbs* — in which shadowy military characters at one point execute a civilian on a pristine suburban street — are being interpreted as a statement on the military, or U.S. border security, or the suburbs themselves.

But really, the band's Will Butler says they were just having fun making a short film influenced by the sci-fi adventure movies they grew up watching.

"No, I think it starts with the genre, like: 'Let's make a dystopian movie,'" Butler corrected.

"It wasn't like: 'The world is going to hell, and this is the hell we'll be in in 25 years.' It was more like, let's make a sci-fi movie. Oh, what's a plausible path that this could take?"

"But really, we want some guys with guns in the future."



► Members of Arcade Fire perform at the New Orleans Jazz and Heritage Festival in May.

Indeed, *Scenes from the Suburbs* — which is screening at the CFC Worldwide Short Films Festival this week in Toronto and will then be included as part of a deluxe version of the Montreal band's third album *The Suburbs* on August 2 — is a sci-fi puzzler that seems to blend the paranoia of Terry Gilliam films with the nostalgia of classic Steven Spielberg flicks.

The nearly 30-minute film fills in some of the gaps in the shorter version of the music video for *The Suburbs*. THE CANADIAN PRESS

Spike honours Richards

Fresh from leading the Cannes jury, Robert De Niro found himself on stage at the Guys Choice Awards praising Keith Richards' "big brass balls" and telling an audience that Sean Penn peaked with Fast Times at Ridgemont High.

De Niro played the dirty-mouthed elder statesman at Saturday night's Spike TV honours, a sort of brash, puerile younger brother to the MTV Movie Awards, which aired on that network last night.

Like that show, the Guys Choice stage on the Sony lot was populated by Hollywood types with something to promote — mostly summer movies.

Justin Timberlake leered at his Friends With Benefits co-star Mila Kunis as she took the Holy Grail of Hot trophy, while his Bad Teacher co-star Cameron Diaz kicked off the show with a monologue.

Mr. Popper's Penguins star Jim Carrey shared an



► Robert De Niro on stage at Spike TV's Guys Choice Awards.

unprintable story about how he became a funnyman through a painful encounter with an uncle.

Richards took the night's final honour, a lifetime achievement trophy previously given to the likes of Clint Eastwood. He hoisted the Brass Balls award, which resembles a giant dumbbell with spheres on two sides.

"I mean, I've had a few awards in my time," the rock legend said backstage. "With the balls it's like where to put them?"

It's easy to pick them up but where are you going to put them? I've got to figure that out with the wife."

Penn led a Fast Times reunion onstage, joined by Forest Whitaker, Judge Reinhold and other cast members.

Mark Wahlberg was named Guy of the Year and his Oscar-nominated The Fighter took Guy Movie of the Year.

The Guys Choice Awards will air Friday on Spike TV.

THE ASSOCIATED PRESS

EXIT the KING

Directed by: James Richardson
Translated by: Donald Watson
Designed By: Rebecca Miller & Sarah Waghorn
Stage Manager: Sean Green
Featuring: Simon Bradshaw, Katie Bunting, Mary Ellis, Richard Gelinas, Andy Massingham & Kat Smiley

MAY 31ST TO JUNE 11TH
MAY 31ST PAY WHAT YOU CAN PRESENT

Tuesday to Friday 7:30pm | Saturday 3pm & 8pm | Sunday 3pm

TICKETS: \$29 | \$22 Students Seniors
Group & Last-minute specials available
CALL 613.236.5196

Irving Greenberg Theatre Centre (Holland & Wellington): Studio Theatre

BEST, DAD, EVER.

The Metro Life Panel wants to know what are your Top 10 Memorable Moments with Dad?

Results will be published in the Father's Day Special Feature in Metro on June 16.

REGISTER TODAY!
METROLIFEPANEL.CA

Survey will be emailed to panelists on June 9.

PATIENT WELLNESS MAKEOVER

Hampton Wellness Centre

4 Great Workshops — One Night ONLY!

ONLY \$30
BRING A GUEST FOR \$7

SUPPLEMENT & HERBAL SECRETS • DETOXIFICATION
HOW TO HARNESS 100x MORE ENERGY • THE MASTER WITHIN

Dr. Marie Matheson

Dr. Mike Reid

You'll Learn About:

- What Vitamins & Minerals To Take And When To Take Them
- Flushing Toxins From Your Body For Life
- Harnessing 100x More Daily Energy For A Life Of Vitality
- Personal Empowerment Skills For A Life Of Mastery

OPEN TO THE PUBLIC

MONDAY, JUNE 20, 2011 • 6:30-9:30PM

BEST WESTERN MACIES HOTEL • 1274 CARLING AVE., OTTAWA

SEATING LIMITED TO THE FIRST 100 RSVPs

TO RESERVE YOUR TICKETS CALL: **613-761-1600**

TO PURCHASE TICKETS ONLINE VISIT: patientwellnessmakeover.eventbrite.com

www.hamptonwellnesscentre.com

Ciao, Cameron: Rodriguez back to his first love

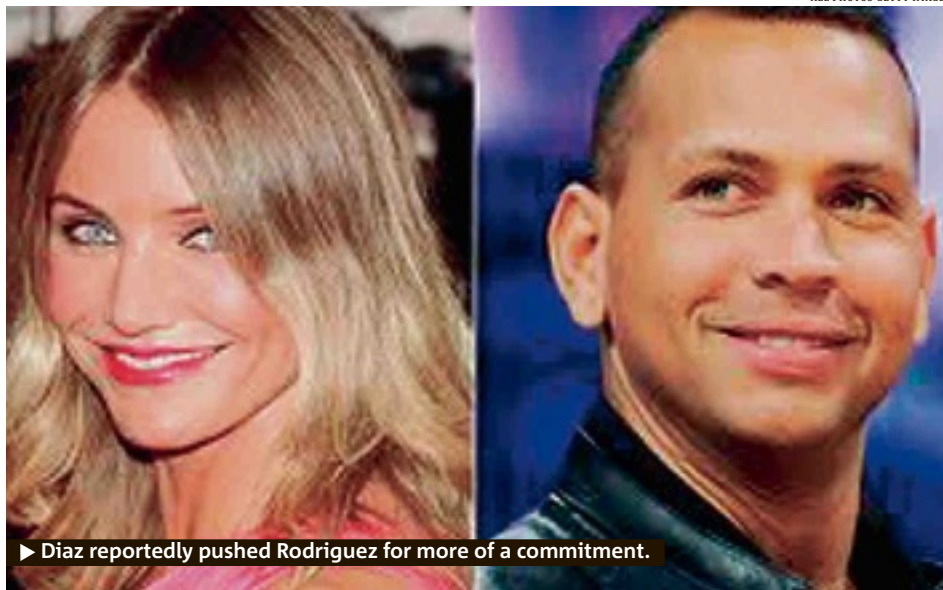
► Alex Rodriguez dumps Cameron Diaz ► Says he 'needs to focus on baseball' ► Sources say Diaz went overboard trying to please him

Cameron Diaz and Alex Rodriguez have called it quits, according to Perez Hilton, and Diaz is reportedly none too thrilled about it.

"They've broken up," a source says. "[Cameron is] hurt and betrayed, because she tried so hard to please him. She went overboard."

And according to Page Six, Rodriguez was the one who instigated the split, telling Diaz "that he needs to focus on baseball and that's all there is to it," according to a source.

"He thought she would be an easy girlfriend. But then she pushed for more of a commitment, and he told her to cool it." ● METRO



► Diaz reportedly pushed Rodriguez for more of a commitment.

ALL PHOTOS GETTY IMAGES



► Reps for both stars refused to comment on the breakup.

Penn and Scarjo calling it quits

Sean Penn and Scarlett Johansson have reportedly broken up after only a few months of dating, according to People magazine.

There was no reason given for the split, as reps for both stars refused to comment.

Some began speculat-

ing there was trouble when Johansson did not accompany Penn to the Cannes Film Festival, where his new film, Tree of Life, won the Palme d'Or, but the actress was said to be busy in New Mexico filming The Avengers. ● METRO

Celebrity tweets



"We are ecstatic to welcome our new beautiful healthy happy baby girl, Willow Sage Hart. She's gorgeous, just like her daddy."



@Pink

@robcorddry

"Yes, we shoot in the same hospital where they shot Scrubs and it IS haunted... by the ghost of Zach Braff's appeal."



@bobsaget

"Excited my grandmother's coming to visit today. A little scared too, cause she passed away fifteen years ago."



@Alec_Baldwin



"Interesting how if one gives an opinion here, you mostly get opinions of my opinion."



Amy Winehouse checked herself out of rehab after just one week of treatment, according to the Associated Press.

Her rep confirms that the troubled singer is on the loose, adding that Winehouse is "raring to go" on tour around Europe this summer.

The rep added that Winehouse will complete her rehab through outpatient work. ● METRO

No body art for my girl, says Becks

Tattoo enthusiast David Beckham admits he has a bit of a double-standard when it comes to his children eventually wanting to adorn their bodies.

He tells Craig Ferguson

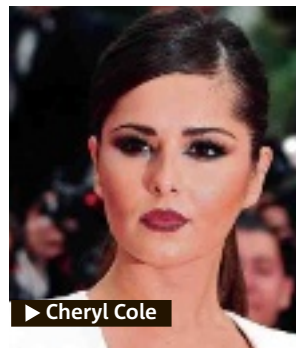
that while his three sons are welcome to go under the tattoo needle, he doesn't feel the same about his soon-to-be-born daughter. "I'm not sure I would let her get tattoos but the boys, I couldn't really argue with," he says. "I love mine personally, but I'm not sure they're going to look great when I'm 75." ● METRO

Pay up: Cheryl

Cheryl Cole's dismissal from the U.S. X Factor has reportedly left her in a face-off with the show's production company, Fremantle Media, over pay for the four days of work she completed, according to the Hollywood Reporter.

The company is looking to avoid ponying up the cash without violating Cole's contract.

"They don't want to pay her," a source says. "It's a chess match." Fremantle is reportedly now asking Cole



► Cheryl Cole

to apply for a U.S. visa — and Cole is reportedly set to comply. ● METRO

LaBeouf weighs in on Megan's foxiness

Shia LaBeouf says former Transformers co-star Megan Fox never really had time to get comfortable with the sex symbol status that was thrust upon her thanks to their blockbuster franchise.

"This is a girl who was taken from complete obscurity and placed in a sex-driven role in front of the whole world and told she was the sexiest woman in America," he tells the L.A. Times. LaBeouf admits series director Michael Bay may not have helped matters: "Megan developed this Spice Girl strength, this woman-empowerment



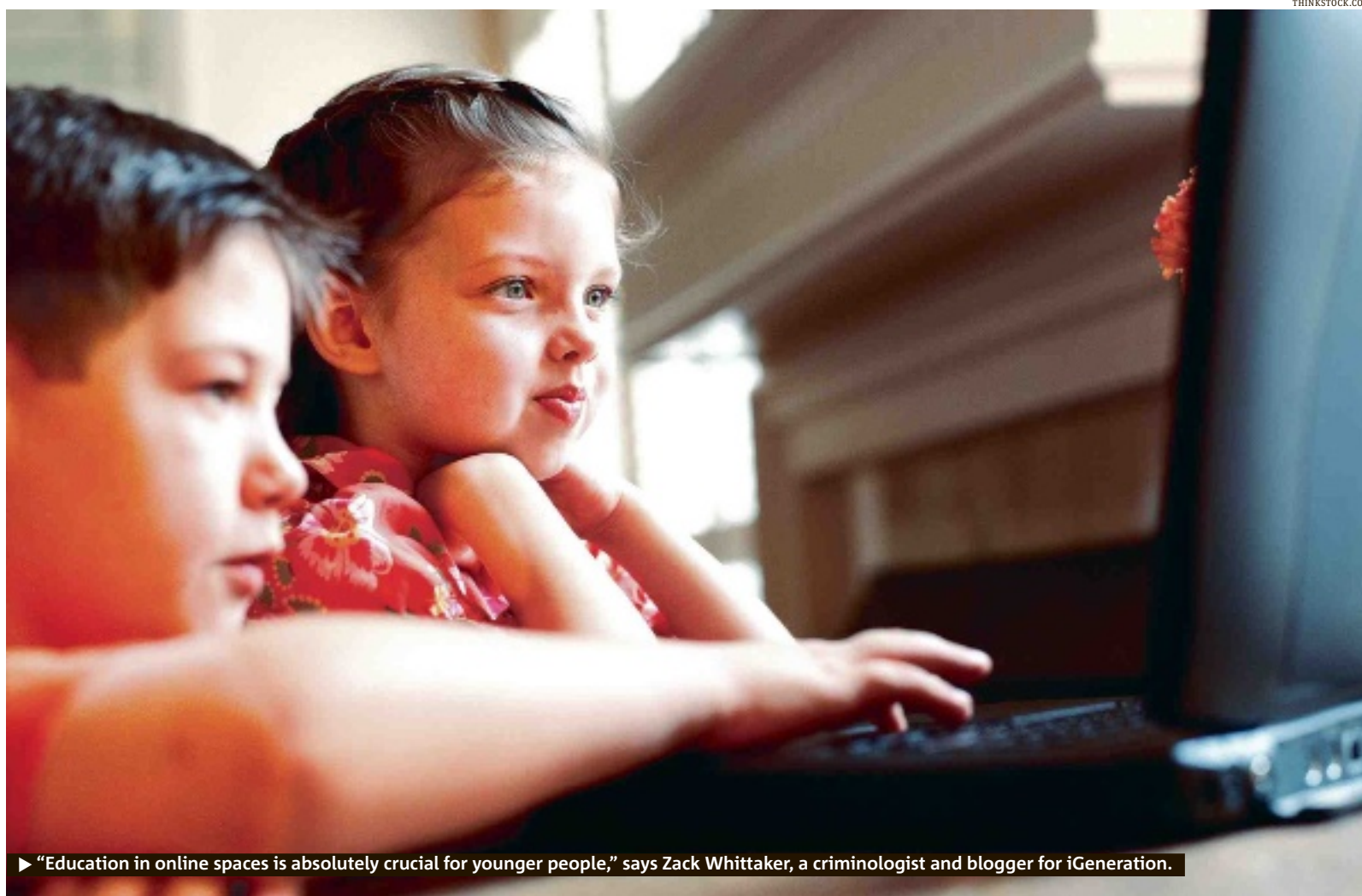
► Megan Fox

[stuff] that made her feel awkward about her involvement with Michael, who some people think is a very lascivious filmmaker, the way he films women," he says. "The one thing Mike lacks is tact. There's no time for, 'I would like you to just arch your back 70 degrees.'" ● METRO

YOU'VE FOUND THE GREEN LANTERN ICON!

VISIT **metro.com** TO ENTER

and tell us the page you found this on for a chance to WIN a trip to the L.A. premiere of **GREEN LANTERN** or passes to the advance screening!



► "Education in online spaces is absolutely crucial for younger people," says Zack Whittaker, a criminologist and blogger for iGeneration.

Kids on Facebook?

► Mark Zuckerberg recently said, if he could, he'd open up the site to children under 13 ► Zack Whittaker, a criminologist and blogger for iGeneration, weighs in on the controversy

You wrote online that you're against children on Facebook. Why is that site different from MySpace or Friendster or even just MSN messenger, where kids can befriend random screen names?

Well, as Facebook draws in over 500 million users worldwide, it is natural for the site to attract the most attention. While others sites should not bask in the heat Facebook constantly feels with pressure from privacy advocacy groups, there is no difference between a seemingly random screen name on MSN/Windows Live and using a fake name on Facebook. Identity goes further than simply the name we use or details we hand over.

As a criminologist, what do you feel is the most effective way to stop predators? Or catch them?

This insidious relationship

we have with online predatory behaviour is ubiquitous across sites involving children. Online sex offenders should be restricted from using social networks, but this simply prevents online reoffending. The balance should be maintained between children's access to offenders as well as offenders' access to children. A bipartite arrangement should be enforced, with children of a certain age — say 13 and upwards, as Facebook has as its current policy — are allowed on social networking sites, but with a restricted panel of privacy settings to prevent automatic disclosure of a child's information.

But how do we institute laws without violating privacy?

It is an immensely difficult balance to strike. Unfortunately, it is only for criminologists and so-

ciologists to debate, and for respective parliaments, assemblies, congresses and legislators alike to implement. Privacy should be the foremost point for the minds of those constructing laws. If freedom of expression and speech can align with privacy — something the



"A bipartite arrangement should be enforced, with children of a certain age allowed on, but with a restricted panel of settings."

ZACK WHITTAKER, IGENERATION

United States holds better than its British cousins — then we are at least one step in the right direction.

Should there be stricter guidelines for opening up a social media account?

Yes and no. Yes, in that it would prevent spam accounts from being created — formed from fake names that water down the concentrated social experience for the rest of the users. However, equally no, in that the less information there is about users online, the less chance that social media companies can misuse private user information, as Facebook has shown to do before.

What should I tell my kid? Once, I caught my 10-year-old niece chatting online with someone who was an adult, and she got a charge from it, not fully understanding the

issue. Warning her just doesn't work.

Education in online spaces is absolutely crucial for younger people. Take into account cause and effect: If a child goes online, he or she should be aware of the vast array of consequences resulting from his or her actions. Parents should take an active approach in educating their kids online, but a massive disparity exists because many children are more in-tune with the online world than their parents. Schools should also take an active role in online education.

This is mostly a joke but, don't you think some adults should also be banned from Facebook?

Personally, I wish they would ban me. I would get so much more done in my working day.

● METRO

You need this



Me to We books

Me to We has launched two new children's books. In *Lessons From a Street Kid*, Free the Children founder Craig Kielburger shares a special story about selflessness he experienced in Brazil. In *My Masssaid Life: A Child's Adventure in Africa*, author Robin recounts her journey from North America to the African savannah. Both books are available at Indigo and Chapters bookstores. ● METRO

ONLINE

metowe.com/shop



Battle Hymn of the Tiger Mother author Amy Chua admits regrets — but not about writing memoir.

Grilling for veggie lovers

► Vegetables can get lost among the burgers and steaks ► These recipes for Grilled Salad & Veggie Orzo Salad let vegetarians fire up their grills

THE CANADIAN PRESS HO/ FOODLAND ONTARIO



► This recipe makes six servings.

This salad is fresh tasting, colourful, simple to prepare and sure to become a seasonal favourite. Grilling fresh asparagus and peppers brings out their natural sweetness, making the flavours more intense.

Ingredients:

- 500 g (1 lb) asparagus, trimmed
- 2 sweet peppers, seeded and quartered
- 50 ml (1/4 cup) olive oil
- 1 ml (1/4 tsp) each salt and pepper
- 325 ml (1 1/3 cups) orzo pasta
- 75 ml (1/3 cup) chopped sun-dried tomatoes
- 5 ml (1 tsp) grated lemon rind
- 20 ml (4 tsp) lemon juice
- 10 ml (2 tsp) liquid honey
- 175 ml (3/4 cup) crumbled feta cheese
- 50 ml (1/4 cup) each chopped fresh chives and dill
- 50 ml (1/4 cup) pine nuts (optional)

Preparation:

- 1 In a bowl, toss together asparagus, peppers, 15 ml (1 tbsp) of oil, salt

- 2 In a large pot of boiling salted water, cook orzo for 7 minutes. Stir in sun-dried tomatoes; cook for 1 minute. Drain

and pepper. Place veggies on greased grill over medium-high heat; close lid and grill, turning occasionally, until tender-crisp and lightly charred, 5 to 8 minutes. Return to bowl and let cool. Cut into bite-size pieces.

and rinse with cold water. Drain again and place in serving bowl. Stir in grilled vegetables.

- 3 In a bowl, combine lemon rind, lemon juice and honey; whisk in remaining oil. Pour over orzo mix. Add cheese, chives and dill; toss to coat. Sprinkle with pine nuts, if using.

THE ASSOCIATED PRESS/
FOODLAND ONTARIO



2% cash back
at eligible
grocery stores†

Visit metronews.ca/momentum and tell us the page you found this on for your chance to WIN \$10,000 in cash and one of 5 weekly cash prizes of \$2,000.

You're richer than you think.®

Scotiabank®

®Registered trademarks of The Bank of Nova Scotia. †Refer to our ad in this paper.

Grilled Salad

MATTHEW MEAD/ THE ASSOCIATED PRESS



Start to finish:
30 mins.
Makes:
10 servings

Ingredients:

- 500 ml (2 cups or 1 pint) cherry or grape tomatoes
- Olive oil
- Salt and ground black pepper
- 1 lemon, halved
- 1 lime, halved
- 3 hearts of romaine lettuce, halved lengthwise

Preparation:

- 1 Heat covered grill on high. Meanwhile, cut 2 sections of foil about 35 cm (14 inches) in length. Place half of the tomatoes in centre of each piece of foil, drizzle with olive oil and season with salt and pepper. Seal packets by bringing long sides of foil up toward centre and folding edges over a couple of times. Bring ends up toward centre and crimp foil shut.

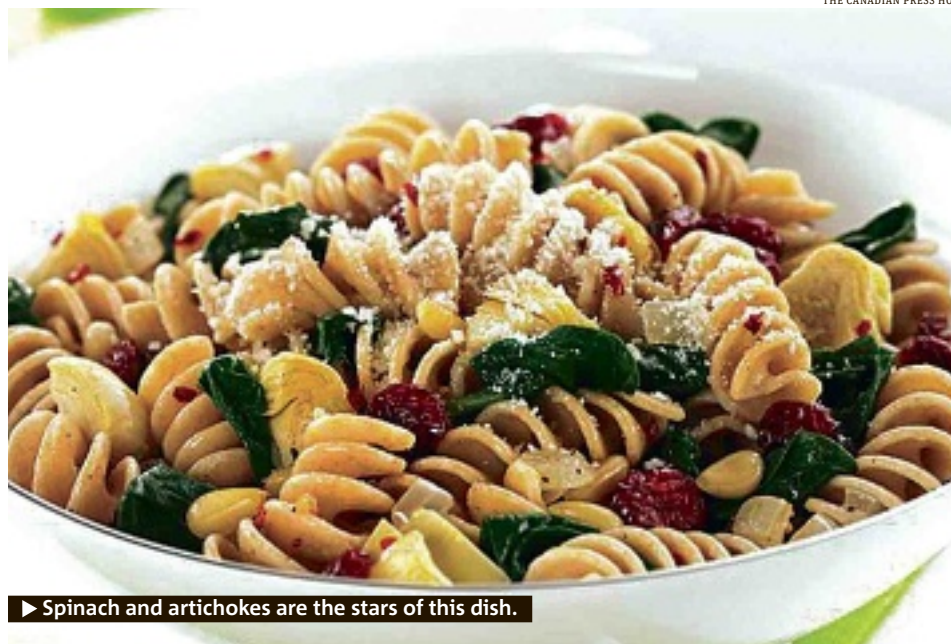
- 2 Reduce grill to medium-high, place

packets on grill. Place lemon and lime halves, cut side down, on grill. Close lid; cook 5 mins.

- 3 Drizzle olive oil over cut sides of romaine, season with salt and pepper. Open lid and use oil-soaked paper towel held with pair of tongs to coat grates. Place romaine halves, cut side down, on the grill. Cook with lid open for about 3 minutes or until the lettuce develops grill marks.

- 4 Remove packets from grill and open carefully (will release steam). Place romaine on platter and pour tomatoes over them. Squeeze lemon and lime halves over everything; serve.
- THE ASSOCIATED PRESS/
LATIN GRILLING: RECIPES
TO SHARE FROM ARGENTINE
ASADO TO YUCATECAN BAR-
BECUE AND MORE BY
LOUDRES CASTRO (TEN
SPEED PRESS, 2011)

THE CANADIAN PRESS HO



► Spinach and artichokes are the stars of this dish.

Quick meatless meal

This pasta spinach and artichoke dish is so quick and easy to prepare that it can be made in the time it takes to cook the rotini.

Preparation:

- 1 Cook pasta in boiling water according to package directions.
- 2 Heat large skillet over medium heat. Add olive oil, diced onion and pine nuts and sauté for 3 to 5 minutes or until onion is cooked.
- 3 Add artichokes, dried cranberries, spinach, red

pepper flakes and pepper. Sauté for another 2 minutes or until spinach just starts to wilt.

- 4 Add garlic and sauté entire mix for about 1

more minute. When pasta is ready, drain and toss with skillet ingredients. Serve sprinkled with Parmesan cheese and lemon slices. THE CANADIAN PRESS/ CATELLI

Ingredients:

- 1 375-g box whole-grain rotini
- 45 ml (3 tbsp) olive oil
- 1 medium onion, diced
- 50 ml (1/4 cup) pine nuts
- 1 can (170 ml/6 oz) marinated artichoke hearts, drained and chopped
- 150 ml (2/3 cup) dried

- cranberries
- 1 bag (227 g/8 oz) baby spinach
- 2 ml (1/2 tsp) crushed red pepper flakes
- 1 ml (1/4 tsp) black pepper
- 4 cloves garlic, mined
- Grated Parmesan cheese
- Fresh lemon slices, for garnish

Save dollars, make sense

► From using efficient appliances to building rooftop gardens, there are simple ways to live a green life

BEN KNIGHT
GREEN@METRONEWS.CA

A home is the largest — and often oldest — possession many Canadians own. The world is changing rapidly, and even a house as young as 50 years old was built in a time where building methods and future priorities were very different than they are now.

As a result, home renovation is booming across the country. And — like any other growth industries — green, eco-friendly projects are more popular than ever.

"There's always an ener-

gy-efficiency step you can take," says Steven Price, senior director for conservation, science and practice with WWF-Canada. "The best thing to do is get an energy audit. They're not very expensive, and if you want to target your money for best value, an energy audit will help you figure out the best place to go."

Price recently renovated his 100-year-old semi-detached home. He says the Internet is filled with useful information, big-box retailers offer lots of green advice, and the money you invest will absolutely hold its value.

"In most cases, if you



► There are a few simple things you can do to make your home more ecologically friendly.

have the capital to invest in home insulation or more efficient appliances, it will pay back in the long run. On energy, that will

be increasingly true as prices go up in the future. It's harder to justify the gray-water tanks and the cisterns from a price point

Energy

Local fixer-uppers

► **Website** Fully 50 per cent of Calgary home-owners who undertook home renovation projects in 2009 elected to do the work themselves, and not hire outside contractors. Data from the Canada Mortgage and Housing Corporation says renos in the city cost an average of \$13,087.

alone. But they will become more and more affordable with time — as water becomes the new oil, in terms of its preciousness."

Price also saved money by recycling old ceiling beams and discarded bricks into a beautiful bar

top, and an eye-catching renovated fireplace.

"Everything old is new again," he says, "but we're doing it with modern approaches."

Another inspired idea is greening your roof — literally.

"We made a garden on a flat roof — about the size of an apartment balcony. We're able to grow mint and spices, and have a sitting chair. That's pretty nice."

Every bit helps, Price concludes, and it's a way an entire city can become less ecologically disruptive.

"When you think of flat garage roofs — if the building is strong enough — and all the flat roof space downtown, we could do a lot to make our cities cooler ... in both senses of the word."

SIDEWALK SALE

JUNE 1 – 11

Discover the difference!

**Enjoy FREE parking after 5pm,
Monday to Friday and ALL DAY,
Saturday & Sunday!**

240

SPARKS

Découvrir la différence!

**Le stationnement est GRATUIT après
17 h du lundi au vendredi et TOUTE LA
JOURNÉE le samedi et le dimanche!**

Alterna Savings ATM
Benton's
Boutique Joenette
Elisa G
Fairweather
Hillary's Cleaners
Holt Renfrew
LCBO
Lunch
Marcello's Market Deli
Merhi Quality Shoe Repair
Passport Office
Rexall Pharma Plus
Shear Heaven Hair Stylists
Sparks Dental Clinic
Frisko ATM
Timothy's Coffees of the World

WWW.240SPARKS.COM

VENTE DE TROTTOIR

1 – 11 JUIN

Giving unto others while globe-trotting

► Voluntourism can be great for the resumé, and even better for the weary worker's soul



DREW HINSHAW
LIFE@METRONEWS.CA

There's no place like home, but when five unemployed folks jostle for every dismal opening, home may have no place for you — which is why job counselors suggest the quick trick to make your career take flight could be a stint volunteering on a faraway shore.

A trip spent archiving

artifacts or replanting rainforests can help both the un- and un-happily employed rediscover their calling, says sabbatical coach Clive Prout.

"If you're unhappy with your current career, then use a sabbatical as a way to get out of it," he offers.

"If you leave the country, you get a sense of the things we take for granted, particularly what we use as measures of success."



► Start out with a spot you've been aching to see, then check if there's a way you can help out in the area.

"Volunteer vacations could be a short-term way to get some training, maybe learn another language, and pick up skills," he says. "Really smart employers will not care so much whether you've been paid, just whether you've shown dedication, creativity, and hard work."

PUT IT ON THE RESUMÉ

Details like time spent laboring in an exotic locale can make your resumé leap from the stack, Cutchins says — and hopefully not off the table.

The trick to leveraging a volunteer vacation into acceptable resumé material, he says is to "just focus on the skills that you gained or honed."

"It's easier to make your resumé stand out if you've taken time off to do things that you believe are going to make a difference," Prout concurs.

Then, when the interview hour arrives, "Talk about how those particular experiences are relative to the job," Cutchins adds.

Doug Cutchins, author of *Volunteer Vacations*, says voluntourism can also be a way to test-drive a new vocation, like eco-

management or development economics.

But it doesn't have to just be a break from your career, he adds — it can be a break for your career.

The Money Question

It may seem odd but, more often than not, volunteering costs money.

But it need not cost a lot, Cutchins claims.

"Staying domestically certainly costs a lot less than going internationally," he says. Staying for a while, he adds, reduces it further.

And others are willing to waive it outright.

"There's not an insignificant list of organizations that are free or nearly free," Cutchins says.

École des adultes
Le Carrefour
Choisir de réussir

613-731-7212

Learning French could be easier than you thought!
SEVERAL LEVELS AND LOCATIONS TO SUIT YOUR NEEDS
Next registration session:
June 28, 29 and 30 from 1PM to 8PM
at 2445 St-Laurent Boulevard

2445, boulevard St-Laurent
Ottawa (Ontario) K1G 6C3
www.carrefour.cepeo.on.ca

Conseil des écoles publiques de l'Est de l'Ontario

COLLEGE DIPLOMAS IN HEALTH CARE!

Fitness and Health Promotion

- 4 wk program 3 wk externship
- CanFitPro preparation including
- FIS PTS NWS Certifications

Medical Office Assistant

- 30 wk program including 4 wk co-op work placement
- 9 am or 1 pm class start time

Personal Support Worker

- 27 wk program including 11 wk co-op work placement
- NACC endorsed
- Full time and part time available

Pharmacy Technician

- 40 wk program with 8 wk co-op work placement
- CCAPP accredited

ALGONQUIN CAREERS ACADEMY
1644 Bank Street 613-722-7811 www.algonquinacademy.com

Find the 'can' in Canada

► Royson Ng's success story is inspiring new citizens to dream big

TURNING POINT

TERESA KRUIZE
LIFE@METRONews.CA



"Canada is a goldmine of opportunity," says Royson Ng from his large corner office at Samtack Inc. Now the award-winning entrepreneur and businessman is helping other new immigrants find their turning point in Canada and is showing them by example.

When he first came to Toronto from Malaysia with his wife and young family, Royson was told "You have a degree — so what?"

He pumped gas, repaired clocks and worked at Future Shop. Within three months Royson moved into management and eight years later found himself being courted by Sammy Chiu of Samtack Inc. to take his company public.

After Royson's arrival in the corner office, Sam-



► Royson Ng, President of Samtack Inc. holds the New Immigrant Welcome Kit he created while President of the Association of Chinese Canadian Entrepreneurs.

tack's revenue soared from 20 million a year to over 400 million worldwide. Today 97 per cent of all Samtack employees are new immigrants.

"I tell them, 'You think

you were very good where you came from? Well, forget it, burn the bridge and move on.' Giving money is one thing but I believe that you should also give a part of yourself.

I get a lot of satisfaction from that."

Giving back to the community and to his adopted country. That's what makes Royson Ng a Canadian success story.

Moving the classroom to the great outdoors

The Trees of Knowledge program is inviting Canadian schools to think outside the classroom and focus on the benefits of learning outdoors.

Schools are invited to ap-

ply for a chance to win a customized open-air classroom, valued at \$20,000.

This classroom, based on the school's submitted design, would consist of a landscaped, green infra-

structure and could include elements like boulders, topsoil and trees.

Organizers believe the program will help foster the students' environmental ethics and improve so-

cial interactions. Deadline for application is August 12, 2011.

The program is funded by household paper product company Majesta. Visit majesta.com. ● METRO

ATTENTION: START IMMEDIATELY!!

International company has openings
REGISTRATION AGENTS

Students Welcome!!

No experience required

AVERAGE **\$18.25**/hr

613-321-4279

Internationally Trained Legal Professionals

Catholic Immigration Centre and World Skills are offering a FREE employment program dedicated to helping Internationally Trained Legal Professionals find alternative careers in Ottawa.

For details contact:

Maria Teresa Garcia

Tel.: **613-232-9634** ext. 389

E-mail: maria@cic.ca



POSITIONS VACANT

We are a newly established company;
we have the following positions available:

.....
Sales Rep • Cleaners • Secret Shoppers
Customer Service • Accountant
General Labor • Marketers • Drivers
Writing and Editing
.....

If you are interested in any of the listed positions:
Email: LEECRATEE@GMAIL.COM for more details
concerning the job description and interview.

OVER 115 YEARS OF TRUST!

Be a Willis Graduate...

...Don't compete with one!

Business • Health • Technology • Clean Energy

613-233-1128 • williscollege.com

Ottawa • Smiths Falls • Toronto • Cobourg • Thunder Bay • Barrie • Sault Ste. Marie • Belleville • London

**CO-OP
WORK
PLACEMENT**

WILLIS COLLEGE
OF BUSINESS, HEALTH AND TECHNOLOGY
EST. 1896

REGISTER TODAY!

4
sports

Quoted



“The feeling is awesome. That was one of the best races of my life and the best swim I have ever had. I was so happy with my swim that it gave me so much more confidence the rest of the way.”

EDMONTON NATIVE PAULA FINDLAY WHO WON THE MADRID ELITE WOMEN'S TRIATHLON YESTERDAY. FINDLAY HAS WON THE FIRST TWO EVENTS OF THE SEASON AFTER CLAIMING THE SYDNEY TRIATHLON IN APRIL AND THE WORLD SERIES CHAMPIONSHIP LEADER.



Scan code for more sports.

Canucks halfway to prize, but toughest part remains

JONATHAN HAYWARD/THE CANADIAN PRESS

► Series heads to Boston, where Bruins are 7-3 in 2011 playoffs

The Vancouver Canucks didn't embark on this particular business trip with celebrating on their minds.

Halfway home to the Stanley Cup, the team landed in Boston with the opportunity to claim its first ever championship before getting on another plane. The mere prospect of that had people celebrating on the streets of Vancouver long into yesterday morning, but the enthusiasm didn't rub off on the players who will be charged with getting the job done.

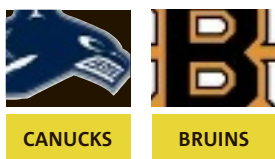
“It's been tight, really close games,” forward Henrik Sedin said last night. “Both could have gone either way. We know that we have to play better.”

“They're a good team and we've got a lot of respect for those guys.”

With Game 3 looming at what promises to be an amped-up TD Garden tonight, the Canucks are expecting to see a different Bruins team than the one they beat twice at Rogers Arena.

An old adage suggests a playoff series isn't over until a team has lost on home ice. The Vancouver players are willing to take it even further after watching Chicago erase a 3-0 deficit in the first round and force overtime in Game 7.

“If there's anything this playoffs have taught is, it's that you can't (get ahead of yourself),” said forward Jan-nik Hansen. “You've seen how many series have been



► Time: 8 p.m.
TV: CBC

up and you think, ‘Oh now the team is going to close it out,’ and suddenly the other team has been back. We've had that experience ourselves.”

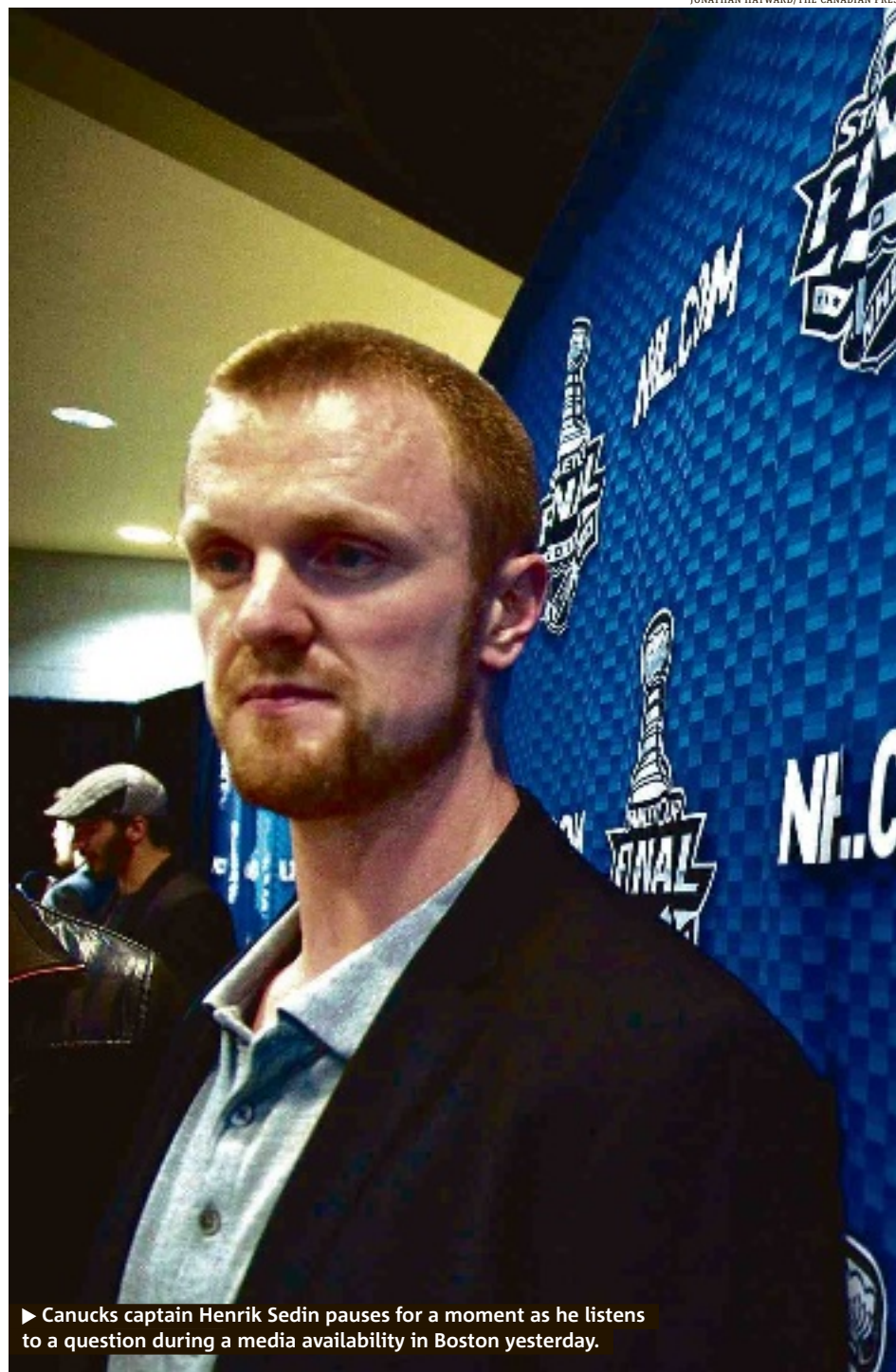
The Canucks are coming across as extremely poised in the midst of an emotional time. They're riding a wave of positivity after scoring a Game 1 victory on a goal by Raffi Torres with 18.5 seconds to play before pulling Game 2 out just 11 seconds into overtime on an Alex Burrows wraparound.

It's put a long-awaited championship just outside of their grasp.

“I think the players have to be focused on the task at hand,” said Canucks coach Alain Vigneault. “If you are focused on the task and what you need to do to perform well, then your emotions are the right ones, your intensity is the right intensity and you can go out there and execute.”

The series is starting to see some bad blood develop between the teams. Vigneault referred yesterday to a Rich Peverley slash on Kevin Bieksa as a “cheap-shot” that “you don't want to see in the game.”

THE CANADIAN PRESS



► Canucks captain Henrik Sedin pauses for a moment as he listens to a question during a media availability in Boston yesterday.

Future uncertain for Burress

Locked up for 20 months for illegally carrying and firing a gun at a Manhattan nightclub, Plaxico Burress is ready to walk out of prison and face another grim reality, a lockout that could jeopardize the resumption of his football career.

The former New York Giants receiver who caught the game-winning pass in

the 2008 Super Bowl is set to leave the Oneida Correctional Facility in upstate New York today. Burress, who turns 34 in August, plans to return to his Florida home to spend time with his wife, son and daughter.

Unlike Michael Vick, released in 2009 from a federal term for dogfighting, Burress doesn't have a

league waiting to bid on his services.

But “he will play in the NFL this year,” Drew Rosenhaus, Burress's agent, said in an email to The Associated Press. “Many teams want him. He will be a top free agent. He is healthy and ready to go. He will be signed shortly after the lockout ends.”

THE ASSOCIATED PRESS

Sports in brief

Stricker wins the Memorial

PGA. Steve Stricker finally found the winning formula at the Memorial yesterday.

Stricker, who had never finished in the top 10 in his 11 previous trips to Muirfield Village, built a

big lead on the front nine and then relied on his silky putting stroke for two clutch pars to hang on for a one-shot victory.

THE ASSOCIATED PRESS

Pistons pull plug on coach

NBA. The Detroit Pistons fired coach John Kuester yesterday. He was 57-107 over two years with Detroit. THE ASSOCIATED PRESS



► Rafael Nadal returns the ball to Roger Federer yesterday.

Nadal bests Federer in Open final

► Spanish star matches Borg with his 6th French Open win

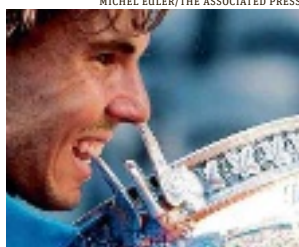
Regardless of the setting or the surface, Rafael Nadal confounds Roger Federer the way no other man can.

Put the two greats of the game on opposite ends of a court in a Grand Slam final — particularly at Roland Garros, on the red clay that Nadal rules — and the one-sided nature of the rivalry grows even more pronounced.

Grinding along the baseline, using every inch of his wingspan to extend points, whipping fearsome forehands this way and that, Nadal flummoxed Federer yet again yesterday in a riveting, highlight-filled match, beating him 7-5, 7-6 (3), 5-7, 6-1 for a record-tying sixth French Open championship and 10th major title overall.

“He plays better against the better ones, and that’s what he showed today,” said Federer, owner of 16 Grand Slam trophies. “He’s a great champion, on clay, especially.”

There’s no question that Nadal is as good as it gets in Paris — 45-1 for his career, and the same number of titles there as Bjorn Borg — but the Spaniard already also has shown that he is much more than the King of Clay. And yesterday’s victory only will raise more questions about whether Federer truly deserves to be



“I was able to play my best when I needed my best. For that reason, today I am here with the trophy.”

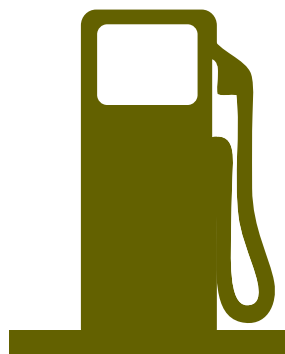
RAFAEL NADAL

called the Greatest of All Time if he is not even the Greatest of Right Now.

Nadal leads their head-to-head series 17-8. That includes a 6-2 advantage in Grand Slam finals and a 5-0 edge at the French Open (in the 2005 semifinals, and the 2006, 2007, 2008 and 2011 finals).

When a reporter recited those numbers and asked for an assessment, Nadal replied: “Well, it means I can play well, too.”

“When you talk about these statistics, when you try and make these comparisons, really it’s not very interesting to me,” continued Nadal, who would have ceded the No. 1 ranking to Novak Djokovic with a loss yesterday. **THE ASSOCIATED PRESS**



2% cash back
at eligible
gas stations†

Visit metronews.ca/momentum and tell us the page you found this on for your chance to WIN **\$10,000** in cash and one of 5 weekly cash prizes of \$2,000.

You’re richer than you think.®



©Registered trademarks of The Bank of Nova Scotia. †Refer to our ad in this paper.

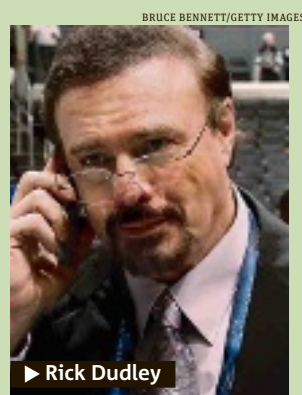
WINNIPEG

Thrashers GM won’t make the trip north

Rick Dudley won’t be part of the NHL’s return to Winnipeg.

True North Sports and Entertainment confirmed yesterday that it will not retain Dudley’s services as general manager when the Atlanta Thrashers relocate to the Manitoba capital next season.

The company purchased the Thrashers earlier this week and has already met its goal of selling 13,000 season tickets.



► Rick Dudley

Dudley, who was named the Thrashers’ GM in April 2010, had four years remaining on his contract.

“After meeting with Rick Dudley this week, we have decided to go in another direction with the position of general manager of our team,” True North chairman Mark Chipman said in a release. “We informed

Rick of our decision late (Saturday) afternoon, and thanked him for his work in building a foundation and future for this team.”

Craig Heisinger, the general manager of the American Hockey League’s Manitoba Moose, is expected to be a key piece of the NHL club’s front office. When sale of the team was announced, Chipman said Heisinger would play a “significant role.”

Chicago Blackhawks assistant general manager Kevin Cheveldayoff has also been linked to the club.

True North did not say who will be in attendance on the team’s behalf at the NHL’s GM meetings in Boston on Wednesday.

THE ASSOCIATED PRESS

Bruins sticking to their game plan

After making the long trip home yesterday, the Boston Bruins didn’t walk off the plane with a long list of changes or adjustments planned.

Instead, their strategy for getting back into the Stanley Cup final against the Vancouver Canucks was to stick with what got them here. Facing a virtual must-win Game 3 tonight, the Bruins were looking to embrace the energy of playing on home ice — they’re 7-3 at TD Garden during this post-season — while continuing to ride Zdeno Chara and Tim Thomas.

Those two men were both beaten by Alex Burrows before he brought a quick end to overtime in Game 2. Thomas was caught out of his goal as Burrows outraced Chara to score on a wraparound, but the Bruins goalie scoffed at the notion he might want to tone down his aggressive style.

“I have a pretty good idea of how to play goalie,” Thomas said yesterday. “I’m not going to be taking suggestions or advice at this time. I’m just going to keep playing the way I have.”

There was more than a hint of defiance from the Eastern Conference champions, who clearly feel unlucky to be trailing the series 2-0 after a pair of one-goal losses.

Coach Claude Julien came to the defence of both Thomas and Chara, the towering six-foot-nine defenceman who had a tough outing in Game 2. The Bruins captain is averaging more than 28 minutes per game in the playoffs and shouldn’t expect to see that workload eased any.

“Where we are right now, we have to look at it this way: He’s got all summer long to rest,” said Julien. “Now is not the time to start giving him a rest. We’re in a fight here for a Stanley Cup.”

“He’s capable of taking it.”

Julien hinted at needing to make a few small “corrections” before the puck is dropped for Game 3. **THE CANADIAN PRESS**

NHL

PLAYOFFS

All times Eastern

STANLEY CUP FINAL

(Best-of-7 series)

VANCOUVER (W1) VS. BOSTON (E3)

(Vancouver leads series 2-0)

Saturday's result

Vancouver 3 Boston 2 (OT)

Tonight's game

Vancouver at Boston, 8 p.m.

Wednesday's game

Vancouver at Boston, 8 p.m.

Friday's game

x-Boston at Vancouver, 8 p.m.

Monday, June 13

x-Vancouver at Boston, 8 p.m.

Wednesday, June 15

x-Boston at Vancouver, 8 p.m.

x — if necessary.

LATE SATURDAY

CANUCKS 3, BRUINS 2 (OT)

First Period

1. Vancouver, Burrows 8 (Higgins, Salo) 12:12 (pp)

Penalty — Chara Bos (interference) 10:24.

Second Period

2. Boston, Lucic 4 (Boychuk, Krejci) 9:00

3. Boston, Recchi 3 (Chara, Bergeron) 11:35 (pp)

Penalties — Biekša Vcr (delay of game) 1:03, Rome Vcr (holding) 10:26, Rome Vcr (interference) 18:59.

Third Period

4. Vancouver, D.Sedin 9 (Burrows, Edler) 9:37

Penalty — Seidenberg Bos (tripping) 0:52.

Overtime

5. Vancouver, Burrows 9 (D.Sedin, Edler) 0:11

Penalties — None.

Shots

Boston	11	14	5	1—33
Vancouver	11	10	11	0—30

Goal — Boston: Thomas (L,12-8); Vancouver: Luongo (W,14-6). **Power plays (goals-chances)** — Boston: 1-3; Vancouver: 1-2.

Referees — Dan O'Halloran, Kelly Sutherland.

Linesmen — Jay Sharrers, Jean Morin.

Attendance — 18,860 (18,860) at Vancouver.

SCORING LEADERS

	G	A	PT
H.Sedin, Vcr	2	19	21
St. Louis, TB	10	10	20
Kesler, Vcr	7	12	19
Lecavalier, TB	6	13	19
Krejci, Bos	10	8	18
D.Sedin, Vcr	9	9	18
Burrows, Vcr	9	8	17
Horton, Bos	8	9	17
Purcell, TB	6	11	17
J.Thornton, SJ	6	14	17
P.Bergeron, Bos	4	12	16
Boyle, SJ	4	12	16
Clowe, SJ	6	9	15
Datsyuk, Det	4	11	15
Couture, SJ	7	7	14
Downie, TB	2	12	14
Marleau, SJ	7	6	13
Ward, Nash	7	6	13
Stamkos, TB	6	7	13
Marchand, Bos	6	6	12
Gagne, TB	5	7	12
Giroux, Pha	1	11	12
Bergenheim, TB	9	2	11
Ryder, Bos	5	6	11
Kelly, Bos	4	7	11
Moore, TB	3	8	11

HOCKEY

AHL PLAYOFFS

All times Eastern

CALDER CUP FINAL

(Best-of-7 series)

HOUSTON VS. BINGHAMTON

(Binghamton leads series 3-2)

Saturday's game

Binghamton 4 Houston 2

Tomorrow's game

x-Binghamton at Houston, 8:05 p.m.

Thursday's game

x-Binghamton at Houston, 8:05 p.m.

x — if necessary.

NBA

FINALS

All times Eastern

(Best-of-7 series)

MIAMI VS. DALLAS

(Series tied at 1-1)

Last night's result

Miami at Dallas

Tomorrow's game

x-Miami at Dallas, 9 p.m.

Thursday's game

x-Dallas at Miami, 9 p.m.

Sunday's game

x-Dallas at Miami, 8 p.m.

Tuesday, June 14

x-Dallas at Miami, 9 p.m.

x-played only if necessary.

LEADERS

SCORING AVERAGE

	G	FG	FT	PTS	AVG
Durant, OKC	17	155	140	487	28.6
Nowitzki, DAL	17	157	145	477	28.1
Rose, CHI	16	149	111	434	27.1
Howard, ORL	6	51	60	162	27.0
Anthony, NYK	4	33	29	104	26.0
James, MIA	17	148	111	434	25.5
Wade, MIA	17	144	115	414	24.4
Westbrook, OKC	17	135	121	405	23.8
Bryant, LAL	10	83	50	228	22.8
Randolph, MEM	13	100	87	289	22.2
Paul, NOR	6	42	39	132	22.0
Granger, IND	5	43	14	108	21.6
Aldridge, POR	6	53	19	125	20.8
Pierce, BOS	9	68	30	187	20.8
Ginobili, SAN	5	31	32	103	20.6
Parker, SAN	6	43	31	118	19.7
Allen, BOS	9	57	24	170	18.9
Johnson, ATL	12	87	34	226	18.8
Bosh, MIA	17	109	92	310	18.2

FIELD GOAL PERCENTAGE

	FG	FGA	PCT
Howard, ORL	51	81	.630
Brand, PHL	34	62	.548
Paul, NOR	42	77	.545
Bynum, LAL	57	105	.543
Allen, BOS	57	109	.523
Gasol, MEM	72	141	.511
Nowitzki, DAL	157	311	.505
Roy, POR	22	44	.500
Lawson, DEN	26	52	.500
Miller, POR	33	67	.493
Martin, DEN	24	50	.480
Hilario, DEN	22	46	.478
Duncan, SAN	33	69	.478
Granger, IND	43	90	.478
Marion, DAL	86	180	.478
Rondo, BOS	51	107	.477
Harden, OKC	66	139	.475
Matthews, POR	27	57	.474
Wade, MIA	144	304	.474
James, MIA	148	314	.471

Not including last night's games

TENNIS

FRENCH OPEN

At Paris

CHAMPIONS

Men

Singles - Rafael Nadal (1), Spain.

Doubles - Max Mirnyi, Belarus, and **Daniel**

Nestor (2), Toronto.

Women

Singles - Li Na (6), China.

Doubles - Andrea Hlavackova and Lucie

Hradecka, both U.S.

Mixed Doubles

Casey Dellacqua, Australia, and Scott Lipsky, U.S.

CHAMPIONS LIST

2011 - Rafael Nadal

2010 - Rafael Nadal

2009 - Roger Federer

2008 - Rafael Nadal

2007 - Rafael Nadal

2006 - Rafael Nadal

2005 - Rafael Nadal

2004 - Gaston Gaudio

ALL-TIME MEN'S GRAND SLAM SINGLES TITLES

	Aus	Fre	Wim	U.S.	Total
Roger Federer	4	1	6	5	16
Pete Sampras	2	-	7	5	14
Roy Emerson	6	2	2	2	12
Bjorn Borg	-	6	5	-	11
Rod Laver	3	2	4	2	11
Rafael Nadal	1	6	2	1	10
Bill Tilden	-	-	3	7	10

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Philadelphia	12	6	3	3	15	10	21
New York	12	4	2	6	17	10	18
D.C. United	12	4	4	4	16	20	16
Columbus	12	3	3	6	12	14	15
Houston	14	3	5	6	17	17	15
New England	13	3	6	4	10	16	13
Toronto	14	2	5	7	13	23	13
Chicago	12	1	4	7	15	19	10
Kansas City	10	1	6	3	12	19	6

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Los Angeles	16	8	2	6	20	12	30
Dallas	14	7	3	4	17	12	25
Seattle	15	5	4	6	16	13	21
Real Salt Lake	10	6	2	2	12	4	20
Colorado	13	4	3	6	14	12	18
Portland	12	5	5	2	15	18	17
Chivas USA	13	4	4	5	16	14	17
San Jose	11	3	4	4	14	13	13
Vancouver	14	1	6	7	14	20	10

Note: Three points for a win, one for a tie.

Saturday's results

Kansas City 0 Toronto 0

Real Salt Lake 2 Vancouver 0

Columbus 1 New York 1

Seattle 0 Chicago 0

Dallas 1 New England 0

Colorado 1 Philadelphia 1

Chivas USA 1 Portland 0

San Jose 2 Houston 0

Wednesday's game

Real Salt Lake at Columbus, 7:30 p.m.

MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION				
	W	L	Pct	GB
New York	33	24	.579	—
Boston	33	26	.559	1
Tampa Bay	30	29	.508	4
Toronto	30	29	.508	4
Baltimore	26	31	.456	7
CENTRAL DIVISION				
	W	L	Pct	GB
Cleveland	33	24	.579	—
Detroit	31	27	.534	2½
Chicago	28	33	.459	7
Kansas City	25	34	.424	9
Minnesota	21	37	.362	12½
WEST DIVISION				
	W	L	Pct	GB
Texas	34	26	.567	—
Seattle	31	28	.525	2½
Los Angeles	30	31	.492	4½
Oakland	27	33	.450	7

Yesterday's results

Texas 2 Cleveland 0

Boston 6 Oakland 3

Toronto 7 Baltimore 4

Detroit 7 Chicago White Sox 3

Minnesota 6 Kansas City 0

N.Y. Yankees 5 L.A. Angels 3

Seattle 9 Tampa Bay 6

Saturday's results

Boston 9 Oakland 8 (14 inn.)

Tampa Bay 3 Seattle 2

Texas 4 Cleveland 0

Baltimore 5 Toronto 3

Detroit 4 Chicago White Sox 2

Minnesota 7 Kansas City 2

N.Y. Yankees 3 L.A. Angels 2

Tonight's games

Minnesota (S.Baker 2-4) at Cleveland (Tomlin

7-2), 7:05 p.m.

Oakland (G.Gonzalez 5-3) at Baltimore (Ma-

tusz 0-0), 7:05 p.m.

Detroit (Scherzer 6-2) at Texas (C.Lewis 5-5),

8:05 p.m.

Seattle (Pineda 6-2) at Chicago White Sox

(Danks 0-8), 8:10 p.m.

Toronto (Morrow 2-3) at Kansas City

(F.Paulino 0-0), 8:10 p.m.

Tampa Bay (Price 6-5) at L.A. Angels (Chat-

wood 3-2), 10:05 p.m.

Molin c	2	1	1	0	Reimld lf	2	0	0	0
Nix 3b	4	0	0	0	Pie ph	1	0	0	0
tum c	2	1	1	0					
Wieters ph	0	0	0	0					
Totals	35	7	11	7	Totals	31	4	6	4

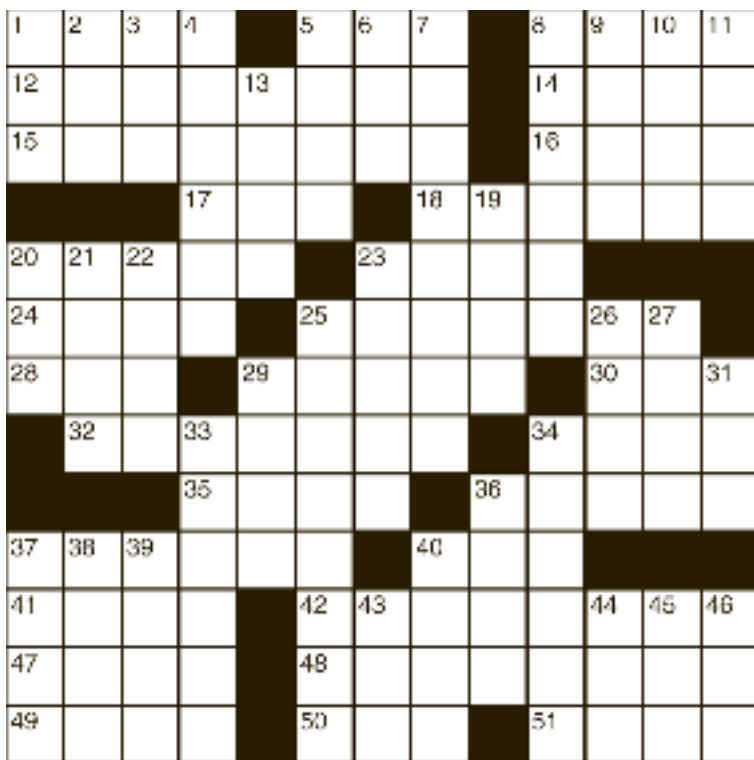
Crossword

Across

- 1 Rock band's equipment
5 One of the Seven Dwarfs
8 Mr. Astaire
12 Ladyfingers dessert
14 Of planes and such
15 Huge
16 Bowling alley
17 Roman X
18 Aide
20 Extinct birds
23 Faction
24 Culture medium
25 Articulate
28 Morning moisture
29 Mel who voiced Bugs Bunny
30 Shock and —
32 Study of wine (Var.)
34 Distort
35 Website info, for short
36 Cubic meter
37 Fujiyama's island
40 Gentleman's address
41 Jai —
42 Famed World War II bomber
47 Describe
48 Manicurist's need
49 Enemies
50 — Aviv
51 Protection (Var.)

Down

- 1 Consumed
2 60 sec.
3 Expert
4 Tailor, old-style
5 Singer Celine
6 Buckeyes' sch.



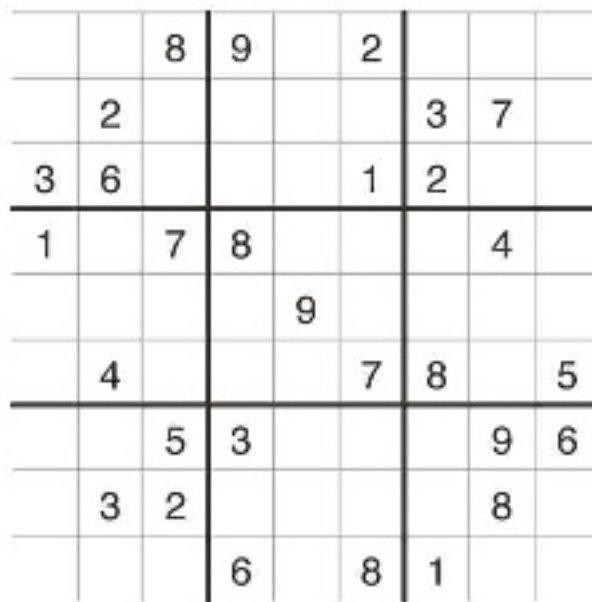
- 7 Comfortably soft
8 "I've —, and I..."
9 Harvest
10 Sea eagle
11 Active one
13 Sras., across the Pyrenees
19 Sch. goings-on
20 Old man
21 Curved molding
22 Sunrise
23 Hosiery woes
25 Speaking well
26 Birthday treat
27 Basin accessory
29 Mediocre

- 31 Ram's mate
33 Cover a multitude —
34 Fly low and attack
36 Ledge
37 50 percent
38 Hodgepodge
39 Appellation
40 Dirt
43 Scot's denial
44 Showbiz job
45 "The Greatest"
46 Affirmative

► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►

1	5	6	7	8	2	4	9	3
7	3	4	8	1	8	5	9	2
8	2	8	4	3	5	1	7	6
4	1	9	8	2	8	7	3	5
6	8	2	5	7	3	9	1	4
3	7	5	1	4	9	2	8	6
8	9	3	2	6	1	6	4	7
2	4	1	3	6	7	8	5	9
6	9	7	9	8	4	3	2	1

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

M, The night you told me you've never loved anyone the way you loved her, that she was the one that got away, if you only knew how much that mirrors how I feel about you. It crushed me to hear it, but I swallowed the pain and pretended not to care. Just as I pretended to move on, but I could never move on from you. I love you so much and I'm working on getting us back to that happy place we once were. You're my blessing, my miracle. I can only hope that one day you'll see in me what I see in you.
From J

Barbie, NO NO NO I won't go !!!! Am happy here with MY darling wife! KISS GOODBYE will always care but no more secrets no more lies no more tries
From KEN

Today's horoscope

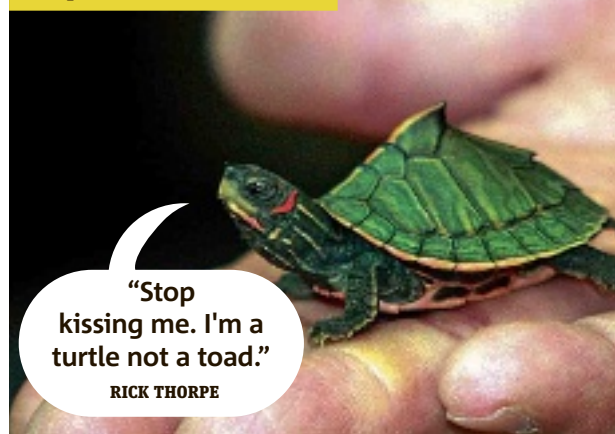
♈ Aries March 21-April 20 Do something different today, something you have not attempted before.
♉ Taurus April 21-May 21 If you know what it is you are after there is every chance that you will get it today.
♊ Gemini May 22-June 21 You have plenty of talent but for some reason you seem reluctant to use it.
♋ Cancer June 22-July 22 Too long you have stood on the side while others have profited.

♌ Leo July 23-Aug. 23 You may be tempted to close your ears to advice but if you do you will miss out on important info.
♍ Virgo Aug. 24-Sept. 22 Everything will fall into place over the next 24 hours.
♎ Libra Sept. 23-Oct. 23 Don't let others tell you that your reward isn't deserved because no one deserves it more.
♏ Scorpio Oct. 24-Nov. 22 You will have to get tough with someone who has let you down.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

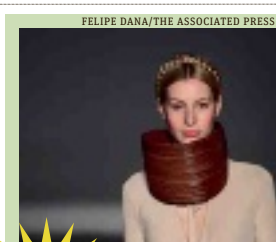
♐ Sagittarius Nov. 23-Dec. 21 Go out of your way to be supportive to friends and they will help you later.
♑ Capricorn Dec. 22-Jan. 20 Make efforts to reach out to people who can help you on your rise to the top.
♒ Aquarius Jan. 21-Feb. 18 Don't worry if others criticize you today.
♓ Pisces Feb. 19-March 20. No matter how badly others may have behaved it's time to move on. **SALLY BROMPTON**

Caption contest



"Stop kissing me. I'm a turtle not a toad."

RICK THORPE



WIN! You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

WIN \$10,000
Dream Vacation
Book any trip with Flight Centre before June 30th & be entered to WIN!

Earn up to \$250
For every \$500 you spend in June receive a \$25 voucher to use towards a future booking.

FLIGHT CENTRE Unbeatable | 866 720 4853

Conditions apply. Δ=For full terms & conditions speak with a Flight Centre consultant or visit www.flightcentre.ca/dreamvacation. Head office address: 1 Dundas St W Suite 200, Toronto, ON. Call for retail locations. ONT. REG #4671384

PUCKER UP...VIRTUALLY!

Tell your friends, family or that secret crush just how you feel with a Metro Kiss...then share it with the world through Facebook and Twitter.

All kisses will appear online and a selection will appear in print too!

Visit metronews.ca daily to see who loves whom, or...who loves you!

metro

200 BAY ST, UNIT 1403 AVAILABLE FOR SALE
DOWNTOWN LIVING AT ITS' BEST!

Open Concept, west facing, well maintained 1 bedroom plus den with A/C, underground parking space, in-suite laundry and extra large balcony that spans length of unit. Fantastic Downtown location...be close to everything! \$279,900

Curious about downtown condos? Call me for the very latest free listing!

613-266-0666
WILLIAM A. GARCIA william.garcia@williamsrealty.ca
KELLER WILLIAMS OTTAWA REALTY
610 Bronson Ave., Ottawa, ON, K1S4E6

MEGA

AUTOMOBILE.com

800+ USED VEHICLES ON SITE & ONLINE!



FREE
HDTV or GPS
ON SELECT MODELS.

#1 VOLUME USED DEALER AROUND!

www.megaautomobile.com



08 Volvo C30

- Load, A/C, Auto
- st: 32010
- km: 43228

\$18,650

\$170***
Bi-weekly



06 Nissan X-Trail XE

- Load, A/C, Auto
- st: 31654
- km: 73849

\$11,650

\$123***
Bi-weekly



07 Accord SE

- Load, A/C, Auto
- st: 31926
- km: 88855

\$12,740

\$116***
Bi-weekly



07 Passat

- Load, A/C, Lthr, Std
- st: 32124
- km: 50417

\$14,950

\$136***
Bi-weekly



08 Sienna LE

- Load, A/C, Auto
- st: 29575
- km: 71184

\$19,950

\$182***
Bi-weekly



07 Lincoln MKZ

- AWD, Load, A/C, Lthr, Auto
- st: 31917
- km: 53353

\$19,870

\$181***
Bi-weekly



07 Miata MX-5 Coupe

- Convertible, Load, A/C, Auto
- st: 32058
- km: 56326

\$19,970

\$182***
Bi-weekly



GREAT VEHICLES UNDER

\$10,000

10 Mustang Convert

- Load, A/C, Auto
- st: 31839
- km: 53533

\$23,850

\$185***
Bi-weekly



10 Gr. Caravan SE

- Stow N Go, Load, A/C
- st: 32007
- km: 29229

\$20,650

\$160***
Bi-weekly



07 Calibre SXT

- Load, A/C
- st: 31790
- km: 82291

\$8,780

\$80***
Bi-weekly



07 Montana SV6

- Load, A/C
- st: 31570
- km: 94151

\$9,370

\$85***
Bi-weekly



07 Mazda3

- Std
- st: 31970
- km: 81193

\$8,260

\$75***
Bi-weekly



08 Saturn Astra EX

- Load, A/C, Std
- st: 31916
- km: 31337

\$9,980

\$91***
Bi-weekly



08 Mini Cooper

- Convert, Load, A/C, Lthr, Auto
- st: 32052
- km: 35383

\$23,450

\$205***
Bi-weekly



07 Camry LE

- Load, A/C, Auto
- st: 31960
- km: 94029

\$12,960

\$118***
Bi-weekly



09 Kia Rio

- Load, A/C, Std
- st: 31178
- km: 44890

\$9,960

\$81***
Bi-weekly



07 Compass Sport

- Load, A/C
- st: 31709
- km: 94154

\$9,950

\$91***
Bi-weekly



09 PT-Cruiser

- Load, A/C, Auto
- st: 31807
- km: 59071

\$8,950

\$72***
Bi-weekly



08 Pontiac G5 Coupe

- A/C, Auto
- st: 31249
- km: 68951

\$8,650

\$79***
Bi-weekly



08 Ford Escape XLT

- Load, A/C, Utility, Auto
- st: 32087
- km: 92700

\$12,850

\$117***
Bi-weekly



09 Civic DX

- Load, A/C, Auto
- st: 29980
- km: 52024

\$14,450

\$117***
Bi-weekly



07 Sebring

- Load, A/C
- st: 31515
- km: 86262

\$9,680

\$88***
Bi-weekly



07 Ford Focus SE

- Load, A/C
- st: 31662
- km: 78401

\$6,980

\$64***
Bi-weekly



07 Five Hundred SEL

- Load, A/C
- st: 32092
- km: 106039

\$9,970

\$91***
Bi-weekly



06 Swift

- Load, A/C
- st: 31979
- km: 67317

\$6,940

\$73***
Bi-weekly



07 Freestyle SEL

- Load, A/C, Auto
- st: 31952
- km: 85238

\$13,840

\$126***
Bi-weekly



09 Matrix

- Load, A/C, Auto
- st: 31893
- km: 64380

\$13,950

\$113***
Bi-weekly



07 Mazda5 GS

- Load, A/C
- st: 31804
- km: 91365

\$9,980

\$91***
Bi-weekly



08 Elantra

- Std
- st: 31585
- km: 87573

\$7,380

\$67***
Bi-weekly



07 Golf City

- Std
- st: 31531
- km: 74669

\$8,960

\$82***
Bi-weekly



07 Pontiac Vibe

- A/C, Std
- st: 32044
- km: 95204

\$9,650

\$88***
Bi-weekly



07 Patriot Sport

- Load, A/C, Auto
- st: 31996
- km: 76411

\$10,860

\$99***
Bi-weekly



10 Toyota Yaris

- Load, A/C, Auto
- st: 32076
- km: 50602

\$12,850

\$104***
Bi-weekly



08 Solara SLE Convert

- Load, Lthr, NAV, Auto
- st: 31805
- km: 58333

\$24,850

\$218***
Bi-weekly



07 Saturn VUE

- Load, A/C, Std
- st: 31989
- km: 51908

\$10,950

\$100***
Bi-weekly



08 Ford Ranger Sport

- Load, A/C, Auto
- st: 32037
- km: 58194

\$12,470

\$114***
Bi-weekly



10 Altima 2.5S

- Load, A/C, Auto
- st: 31299
- km: 44678

\$17,850

\$144***
Bi-weekly



07 Mazda CX7 GS

- AWD, Load, A/C, Auto
- st: 29811
- km: 67352

\$15,840

\$144***
Bi-weekly



ARE YOU EMPLOYED BY FEDERAL, PROVINCIAL OR MUNICIPAL GOVERNMENT?
IF YES, FINANCE YOUR VEHICLE AT MEGA & RECEIVE OUR BANK COMMISSION OF UP TO

\$500

www.megaautomobile.com

1261 ST. JOSEPH BOULEVARD, GATINEAU 819.770.2277

JUST 5 MINUTES FROM DOWNTOWN OTTAWA.

OPEN 8 DAYS A WEEK - BILINGUAL STAFF

Disclaimer: Bi-weekly payments include all taxes. *60 months (130 payments) **72 months (156 payments) ***84 months (182 payments) at 6.5% (minimum \$20,000) and 7.9% (Minimum \$10,000) with \$0 down payment, OAC. Freight and reconditioning (if any) included. †Prices do not include taxes and license. 2nd chance financing is not eligible for \$1000 Cash Back. Contact Mega Automobile for details. Vehicles may not be exactly as shown.